

humantold

The Imago Dialogue: The Receiver

The Imago Dialogue provides couples with the skills they need for great communication.

1

Mirror

“What I heard
you say is...”

Check it out:

“What I heard
you say is...”

Ask for more:

“Is there
more?”

Repeat until your partner
says there is no more.

2

Validate

“You make sense
to me because...”

Check it out:

“Does it seem like
I’m getting you?”

If it doesn’t make sense:

“Help me understand
that. Can you say more
about...?”

3

Empathize

“I can imagine you
might be feeling...”

Check it out:

“Is that what you’re
feeling?”

HINT:

Use feeling prompts
below to guess how
your partner may be
feeling.

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NEGATIVE FEELING PROMPTERS

Frustrated
Irritated
Angry
Hurt
Criticized
Attacked
Depressed
Aggressive
Revolted

Sad
Anxious
Helpless
Hopeless
Insecure
Scared
Neglected
Exhausted
Violated

Rejected
Abandoned
Lonely
Alone
Controlled
Pressured
Trapped
Jealous
Distant

Overwhelmed
Unheard
Discounted
Invisible
Unloved
Confused
Manipulated
Disappointed
Nervous

Betrayed
Cheated
Guilty
Embarrassed
Humiliated
Ashamed
Enraged
Bitter
Unimportant