

humantold

The Imago Dialogue: The Sender

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

1 Request an Appointment

"I'd like to talk about..."

"When is a good time?"

2 Share

Respectfully share what you want to say

Pause so Receiver can mirror.

Accept/Correct the mirror as needed.

Keep sending until you've said everything.

3 Summarize

Receiver may offer a summary.

- If a lot has been said, the Receiver may summarize. You may offer respectful corrections, if needed.
- If no summary is offered by the Receiver and you would like to hear one, simply ask: "Could you just let me know the gist of what you heard?"

4 Validation

Partner validates and/or asks for more information.

Accept or correct the validation as needed.

5

Empathy

Partner guesses what they think you might be feeling.

Accept or correct the validation as needed.

6

End

"Thanks for listening."

"Would you like to switch?"

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