



Therapy for Inner Well-Being
and Interpersonal Success

IMAGO DIALOGUE (PRACTICE)

The appointment (Sender)

"I'd like to have an Imago Dialogue. Are you available?"

Mirroring (Receiver)

Word for Word Mirroring

"What you are saying is...."

"Did I get you?"

"Is there more about that?"

Summary Mirroring

"In summary, what you said was...."

Validation (Receiver)

"I've listened carefully to what you have been saying."

"I follow what you are saying."

"Your perspective is important and valuable to me."

"You make sense."

Empathy (Receiver)

"I imagine you might have felt...(emotions)"

"I imagine you might feel..."

"Is that what you feel/felt? Are there other feelings?"

Switch roles and repeat

From: *Getting the Love You Want* by Harville Hendrix