

COUPLES DIALOGUE

SENDER

RECEIVER

1. MIRRORING

- | | |
|---|--|
| 1. Make an appointment "I would like to have a couples dialogue, is now a good time?" | 2. "Yes, now is OK" (Or propose a time.) |
| 3. "One thing I appreciate about you is..." | 4. Mirrors word for word. Then "You're welcome. One thing I appreciate about you is..." |
| 5. Mirrors word for word, then "You're welcome." | |
| 6. Makes a short statement. | 7. Holds hand up. Mirrors word for word. "What you're saying is" or repeats words and changes pronouns. |
| 8. Keeps sending in short segments. | 9. Holds up hand. Continues to mirror until full message is sent: then "Is there more you would like to say about that?" |

2. VALIDATION

- | | |
|--|---|
| | 10. "I'd like to give you a summary, what you're saying is..." |
| | 11. Checks out the summary by saying "Is that a good summary?" |
| 12. "Yes, that is a good summary." or "You got most of it, and I would add..." | 13. If there is more, continue to mirror. |
| | 14. "I follow what you are saying." "Is this a good summary now?" |

3. EMPATHY

- | | |
|---|---|
| | 15. "You make sense to me. I imagine you might be feeling..." and the receiver makes three "feeling word" guesses and checks it out by saying "Is that what you are feeling?" |
| 16. "Yes" or "Not quite, you got part of it, but I don't feel..." | 17. Mirrors, then says "Are there any other feelings you would add?" |
| | 18. Mirrors. "Those feelings make sense." |
| | 19. "I would like to respond now. Is this a good time?"
Receiver becomes the sender. |
| | Loop around to the top of #6 at top. |