



FIRST STEP :: Watch the videos **TOGETHER!** Try following the Guide below. Embrace New Life has added a 'Secret Sauce' and are happy to help guide your relationship toward a strong, loving, secure bond! Appointments made online at: EmbraceNewLife.com !

Online Video Series

<http://bit.ly/2iM57DI>

IMAGO Dialogue Guide

Sender

>> **"I would like to DIALOGUE about ..., is now okay?"**

Send messages using "I" language. When talking about your partner only describe their behaviors, no character insults. Ex: 'when you ...' or 'you make me ...' . **NOTE:** send in groups of 3-4 sentences.

LISTEN & ACCURACY CHECK

SUMMARY

Resend or modify parts of your original groups of 3-4 sentences if the Receiver did not 'catch' or clearly understand what you sent.

LISTEN & ACCURACY CHECK

VALIDATION

LISTEN & ACCURACY CHECK

EMPATHY

If at the end of the Dialogue, the Receiver did not get all of the feelings you were trying to share, resend them - "Yes, and I also felt ..." - in a group of 3-4 sentences and go through process again.

Receiver

"I 'm available now."

MIRROR

"Let me see if I've got you. You said ..." or "I heard you say ..." or "Did I get what you said?"

After mirroring chunks, **SUMMARIZE**

"Let me see if I got it all. In summary, what you said was ... Did I get all of what you said?" or "Is that a good summary of what you said?"

VALIDATE

"You make sense, and what makes sense is ..." or "I understand that you ... given that ..." or "I can see how you would see it that way because sometimes I do ..."

EMPATHIZE

"I imagine you might be feeling ..." or "I imagine you might have felt ..." or "I can imagine your feeling of ..."

COMPLETION CHECK

"Is there more you need to me to know about this / that?"

>> **End** when Sender says there is no more.



Remember:

1. No marathons. Limit to 1 or 2 chunks (3-4 sentence groups).
2. Start with "Appreciation Dialogue" before any "Repair Dialogue".
3. Human communication is healthy when we: Summarize, Validate & Empathize!
4. Switch Roles - 1 Send, 1 Receive is 1 Round. A complete Dialogue is 2 Rounds!

