



SPECIFIC PHRASES FOR IMAGO DIALOGUE

SENDER

I would like to have a Dialogue about....
Is now a good time?

I feel....
I love....
What's bothering me is....

RECEIVER

MIRRORING

Let me see if I've got you. You said....
Did I get that?
Is there more about that?

Summary Mirror

Let me see if I got it all. In summary, you are saying....
Did I get all of that? *or*
Is that a good summary?

VALIDATING

I've listened carefully. Your perspective is important to me, and you make sense, and what makes sense is....

EMPATHIZING

I imagine you might be feeling...*or*
I imagine you might have felt...*or*
I can see you are feeling...(if feelings are stated).

Is that what you are feeling?

SWITCH ROLES