

IMAGO DIALOGUING SCRIPT

SENDER

I would like to discuss _____, would this be a good time for you?

Send "message" about your concerns, feelings, thoughts or needs about the relationship. The ideal length of message is 2-6 sentences (1-3 if the content is really intense).

Check the accuracy of the mirroring your partner/spouse just did and resend, clarify or modify any parts not clearly received

Listen to the summary and give accuracy check. Resend if necessary.

Yes, you got it all. (or) You got most of that and I also said...

Listen to and receive the validation

Listen to and receive the empathy.

If RECEIVER did not get the feelings right or did not get all the feelings, share with RECEIVER.

I think I felt more... (or) Yes, and I also felt...

Thank you for listening.

(Now switch)

RECEIVER

Yes, now would be fine. (or) I am so tired, could we do it at ____ today? (keep the commitment agreed upon)

Mirror and check for accuracy. This is not the time to counter, correct or give your opinion. It is your responsibility to stop the person when you are "full."

What I heard you say...(or) You said...

**Did I get that?...
Is there more?...**

Summarize ALL of what they said and but be careful not to "spin" or give opinions.

Let me see if I got it all. In summary, what you said was... (you can paraphrase here, but using their words is most helpful).

Did I get all of that? (or) Is that a good summary?

Mirror back if there was an addition or correction.

Validate.

You make sense, and what makes sense is...(or) I understand that you...given that...

Empathize.

I imagine you might be feeling...(or) I imagine you might have felt...(or) I can imagine your feelings (or thoughts) of...

Accuracy check.

Is that what you are feeling?

Thank you for sharing.