

Couples Dialogue

The following communication tool is the basis for healing in Imago Relationship Therapy. If you and your partner learn and practice this one skill regularly, you will stop the reinjuring process and begin to open the way for conscious healing.

Sender Steps:

Step 1: Ask if this is a good time to talk. If the answer is yes, move to step
If the answer is no, then ask “when would be a good time for you to talk?”

Step 2: Send a message (explain what has been bothering you or how you were hurt)

Receiver Steps:

Step 1: Mirroring

I heard you say....
If I am hearing you correctly, you said.....

Then:
Did I get that right?
Is there more?

Repeat this process two to three times and then move on to validate.

Step 2: Validate

Remember, validating is not agreeing. Validating is saying, “I can see how YOU would see it that way. From your perspective, you make sense.”

Say something like:
I can understand that...
I can see how....
That makes sense to me because....

Step 3: Empathizing

That must make you feel..... (use feelings wheel at feelingswheel.com)