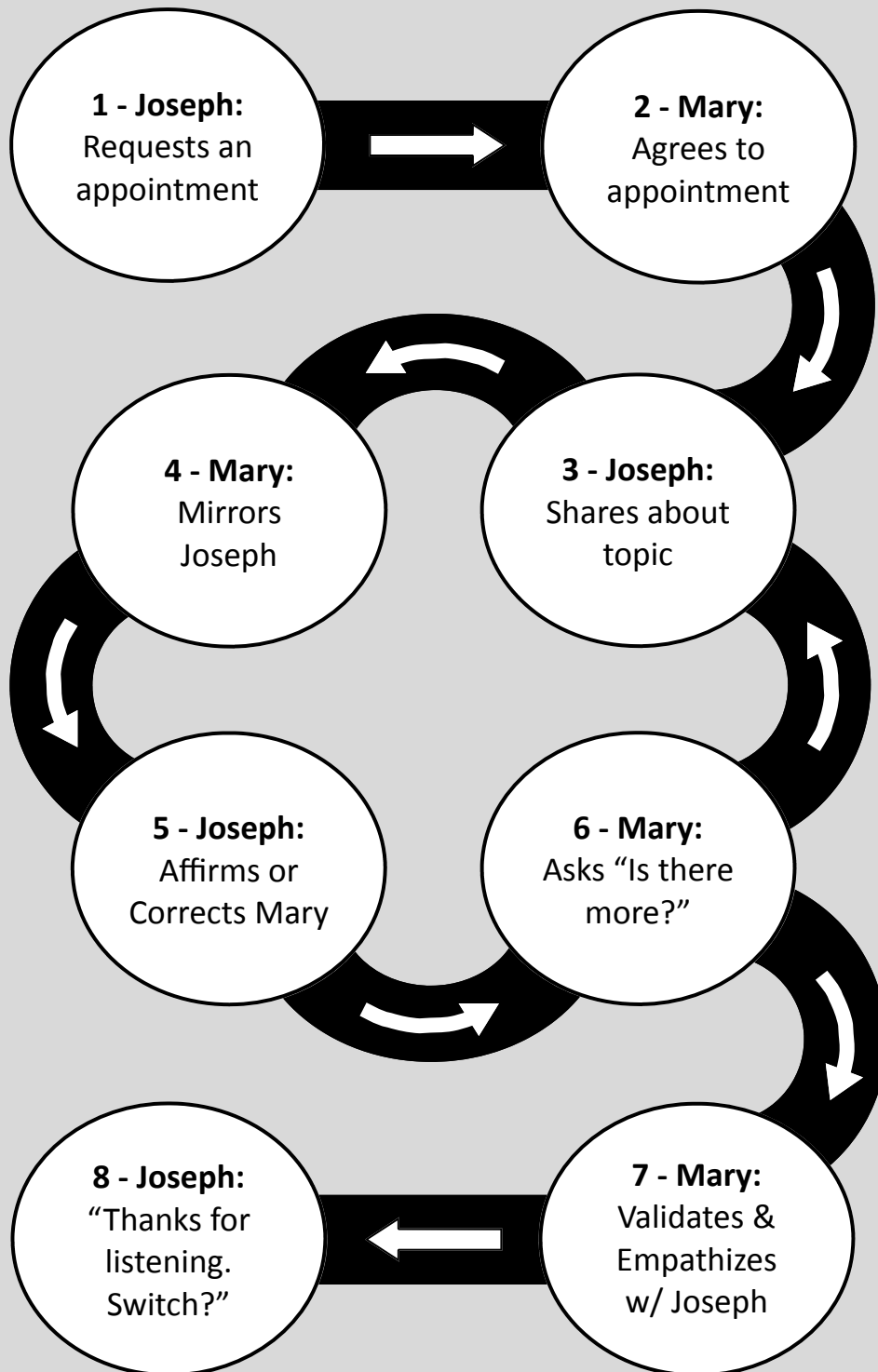


# IMAGO

## DIALOGUE

HOW TO DIALOGUE AND  
REFLECT GOD'S LOVE



In the Imago Dialogue both parties agree to a basic ground rule: to talk one person at-a-time.

### **Dialogue: The Three Main Steps**

There are 3 main steps to the Imago Dialogue:

- Mirroring
- Validation
- Empathy

#### **STEP ONE: MIRROR**

In the Mirroring step, when your partner pauses, or perhaps when you have asked them to pause, you will repeat back everything you heard them say. You may paraphrase, but you will mirror without analyzing, critiquing, modifying or responding.

**How to Mirror:** “If I got it, I think you said...” or “So you’re saying...”

**Ask if there’s more:** “Is there more?” or “Tell me more.”

#### **STEP TWO: VALIDATE**

Once the Sender says there is “no more”, the Receiver will attempt to validate what the Sender has said by letting the Sender if what they have been saying is making logical sense to the Receiver. If it does not, the Receiver will simply share what does make sense, then ask the Sender to say more about the parts that do not yet make sense.

**How to Validate:** “You make sense to me because...” or “That makes sense, I can see where...”

**Ask for clarification:** “This part (X) makes sense, but help me understand, can you say more about...?”

#### **STEP THREE: EMPATHIZE**

In the final step, Empathy, the Receiver takes a guess as to what they imagine the Sender might be feeling with regard to what they have been saying. When sending empathy, it is fine to say something such as: “I can imagine you feel upset/happy/confused....”

**How to Empathize:** “I can imagine you might be feeling...”

**Check it Out:** “Is that how you feel?”

#### **Finish**

Now that the Sender has said all they have to say and the Receiver has mirrored, validated and empathized, the whole process reverses. The Receiver now gets their turn to respond with whatever came up for them while the first partner was speaking.