

COUPLES DIALOGUE

SENDER

RECEIVER

1. MIRRORING	
1. Make an appointment "I would like to have a couples dialogue, is now a good time?"	2. "Yes, now is OK" (Or propose a time.
3. "One thing I appreciate about you is..."	4. Mirrors word for word. Then "You're welcome. One thing I appreciate about you is..."
5. Mirrors word for word, then "You're welcome."	
6. Makes a short statement.	7. Holds hand up. Mirrors word for word. "What you're saying is" or repeats words and changes pronouns.
8. Keeps sending in short segments.	9. Holds up hand. Continues to mirror until full message is sent: then "Is there more you would like to say about that?"

2. VALIDATION	
	10. "I'd like to give you a summary, what you're saying is..."
	11. Checks out the summary by saying "Is that a good summary?"
12. "Yes, that is a good summary." or "You got most of it, and I would add..."	13. If there is more, continue to mirror.
	14. "I follow what you are saying." "Is this a good summary now?"

3. EMPATHY	
	15. "You make sense to me. I imagine you might be feeling..." and the receiver makes three "feeling word" guesses and checks it out by saying "Is that what you are feeling?"
16. "Yes" or "Not quite, you got part of it, but I don't feel..."	17. Mirrors, then says "Are there any other feelings you would add?"
	18. Mirrors. "Those feelings make sense."
	19. "I would like to respond now. Is this a good time?" Receiver becomes the sender.
	Loop around to the top of #6 at top.