

Imago Dialogue

1. Sender: ASK – “Is this a good time to talk?” if yes use “I” statements.
2. Receiver: Understand and listen – mirror back their words exactly “I heard you say” or “you said....” and then say
“Did I get that?” Let them reply and ask
“Is there more?” Repeat this step until there is no more.
3. Validate – “You make sense”
“That makes sense; I can see how you would feel that way”.
4. Empathise – “ I imagine you must be feeling angry (happy, sad, confused, etc)”
“Is that how you feel?”
5. “Thank you for sharing, I appreciate it”. Switch roles.

Reference for www.MigraineSavvy.com - H. Hendrix, Ph.D. and H.L. Hunt, Ph.D. (2010) *Couplehood, a new way to love.*

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