

# Imago Dialogue®

## Summary

When to use it:

1. You want to be listened to and understood.
2. You are upset about something and want to discuss it.
3. You want to discuss a topic that you think might be "touchy".

### SENDER

**I would like to have an Imago Dialogue.  
Is now okay?**

Send message, using "I" language, and only describing behaviors when referring to the partner.

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

Listen to validation.

Listen to Receiver.

Accuracy check. If RECEIVER did not get the feelings right or did not get all of the feelings, share with RECEIVER. **I think I felt more...**  
or **Yes, and I also felt...**

### RECEIVER

**I'm available now.**

Mirror.

**Let me see if I've got you. You said . . .  
Did I get you?  
Is there more about that?**

Summarize.

**Let me see if I got all of that . . . In  
summary, you are saying . . .  
Did I get it all?**

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 You  
said you are feeling . . . (if feelings were  
stated.)**

Accuracy check.

**Is that what you are feeling**

**Switch Roles. The new SENDER starts with, "What I  
experienced inside as I listened to you just now is . . ."**