

# MIRRORING AN APPRECIATION

## SENDER

Ask for appointment  
Make eye contact

- One thing I appreciated about you is...
- When I experience that, I feel...
- When I feel that it reminds me of when I was little and...

## RECEIVER

Grant appointment  
Make eye contact  
Listen and then say...

- What I hear you saying is...
- Did I get that right?
- Is there more about that?