

THE COUPLES DIALOGUE

SENDER

Ask for appointment
Make eye contact
Take a few deep breaths in sync

ALWAYS START WITH APPRECIATION

- *“One thing I appreciate about you is...”*
- *“And what that makes me feel is...”*

THEN SHARE FRUSTRATION

- Tell what happened.
- Tell how you felt.
- Tell how that reminds you of when you were little (if applicable).
- Tell what you are really afraid of.
- Tell what you did (if relevant).

- Yes or no. If no, try again.

- Yes or no. If no, try again.

RECEIVER

Grant appointment
Make eye contact
Take a few deep breaths in sync

MIRROR

- *“Let me see if I got you. If I did, you said...”*
- *“Did I get it?” (add or correct)*
- *“Is there more about that?”*

“Thanks for sharing that.”

MIRROR

- *“Let me see if I got you. If I did, you said...”*
- *“Did I get it?” (add or correct)*
- *“Is there more about that?”*

- **Summarize** *“To summarize what I heard you say...”*

VALIDATE

- *“You make sense, and what makes sense is...”*
- *“Is that the validation you need?”*

EMPATHIZE

- *“I can imagine your feel...”*
- *“Did I empathize with you?”*