

# THE COMMITMENT DIALOGUE

## SENDER

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

## RECEIVER

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

### **MIRRORING**

“One activity I use to avoid connecting with you is...”

Mirrors: “What I hear you saying is...Did I get it?...Is there more about that?”

“Yes. And I do this when I feel...”

Mirrors: “You are saying...Did I get it?...Is there more about that?”

“Yes. And what I’m afraid of is...”

Mirrors: “You are saying...Did I get it?...Is there more about that?”

“Yes. And what that reminds me of from my childhood is...”

Mirrors: “You are saying...Did I get it?...Is there more about that?”

“No, there is no more.”

**Summarizes:** “To summarize what you said...”

### **VALIDATION**

Validates: “It makes sense that you...and what makes sense about it is...”

Yes or No. If no, restate and clarify...

“Did I understand you?”

### **EMPATHY**

Empathizes: “I can see that you feel...” or “I can imagine that you feel...”

Yes or No. If no, restate and clarify...

“Do I have that right?”

### **COMMITMENT**

“I intend to keep talking with words rather than taking this exit from our relationship and acting out in this way, because I want to deepen my connection with you.”

“Thank you.”