

APPRECIATION DIALOGUE

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