

3 IMAGO RELATIONSHIP THERAPY DIALOGUE STEPS

1

MIRRORING - When one partner shares their feelings, the other partner simply mirrors back. This prevents potential miscommunication, makes the partner feel heard & helps the listener self regulate.

VALIDATION - validate your spouse's perspective by saying, "what your saying makes sense and you make sense." This is not tantamount to agreeing or saying your partner is right. You're letting them know they're entitled to their own perspective.

2

3

EMPATHY - To truly listen and enter your spouse's world necessitates feeling their pain and experience. Empathizing allows your spouse to know that you truly get them. Guess two emotions your spouse is feeling by saying, " I Imagine you are feeling Is that what you are feeling?"