

THE COUPLES DIALOGUE

A. MIRRORING

1. Sender sends one or two sentences.
2. Receiver mirrors:
 - a. "If I heard you correctly...?"
 - b. "Did I get that right?"
 - c. "Is there more about that?"

B. SUMMARY

When sender says there is no more, receiver summarizes the essence of the message. Receiver asks, "Did I get the essence?" Receiver mirrors any additions or corrections to the summary.

C. VALIDATION

1. Receiver says, "You make sense to me because..."
2. Receiver states the way in which the sender's thinking makes sense.
3. Receiver asks, "Is that the validation you need?"
4. Receiver mirrors any additions or corrections.

D. EMPATHY

1. Receiver says, "Given that, I imagine you feel..."
2. Receiver mirrors the sender's feelings.
3. Receiver asks, "Are those the feelings?"
4. Receiver mirrors any additions or corrections.

PARTNERS SWITCH ROLES