

Couples Dialoging Process

Step 1...Send & Mirror

Sender sends a messages always beginning with: I feel..., I love..., I need...or what bothers me is...

Receiver listens deeply, echoes back the message, checks for accuracy and invites more:

Let me see if I've got what you said... Did I get that right? Is there more about that?

Receiver Summarizes: *Let me see if I got it all.... Is that a good summary?*

Step 2 ...Validate

Receiver validates sender's message...*You make sense to me and what makes sense is...*

Step 3...Empathize

Receiver-Using feeling words like angry, sad, happy, loved, important... The receiver imagines the sender's feelings and then checks for accuracy.

I imagine you might be feeling... Are you feeling any of these ways?

Do you want to say more about any of those feelings?

Step 4... Give the gift of Love

Receiver agrees to show his/her love and care through the act of giving the sender something that will make the sender feel more safety, love or respect.

Sender comes up with three creative specific and measurable ways that the receiver could provide that you would appreciate. The receiver will choose one.

Receiver-*I would offer something to you that will make a difference how safe, loved and honored you feel in our relationship.*

Could you give me three specific options for me to choose from of something that you would like from me?

GIVE & RECEIVE