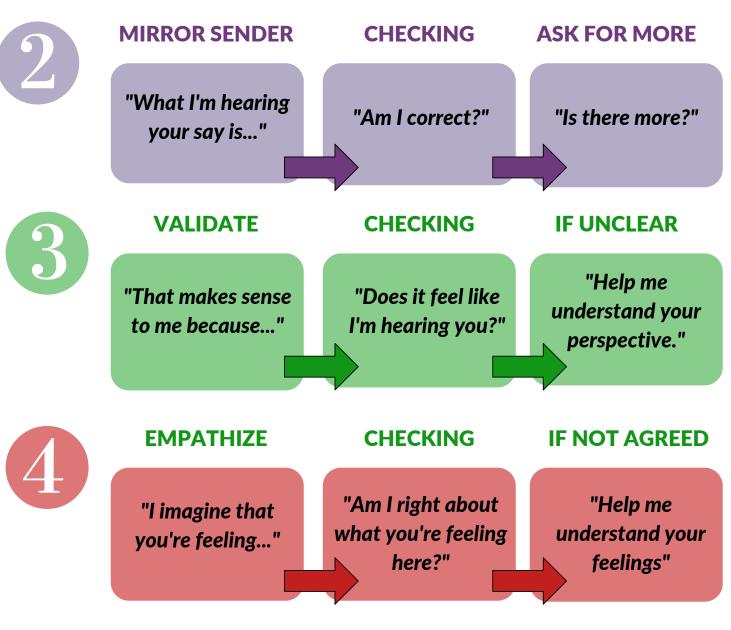# IMAGO DIALOGUE

# FLOWCHART

taken from receiver perspective...
*then flips* when sender becomes receiver

**1** PROPER TIMING IN ASKING TO HAVE COMMUNICATION. LET SENDER SPEAK TO THEIR FEELINGS/PERSPECTIVE.

**2**

**MIRROR SENDER**
*"What I'm hearing your say is..."*

**CHECKING**
*"Am I correct?"*

**ASK FOR MORE**
*"Is there more?"*

**3**

**VALIDATE**
*"That makes sense to me because..."*

**CHECKING**
*"Does it feel like I'm hearing you?"*

**IF UNCLEAR**
*"Help me understand your perspective."*

**4**

**EMPATHIZE**
*"I imagine that you're feeling..."*

**CHECKING**
*"Am I right about what you're feeling here?"*

**IF NOT AGREED**
*"Help me understand your feelings"*

## WHEN FINISHED, REVERSE POSITIONS AS SENDER & RECEIVER