
Imago Dialogue Exercise

Compassionate Communication for Relationships

The 3 parts to this process are...

1. **Mirroring** - (A form of paraphrasing) i.e. “What I hear you saying is Did I get that right?” If the answer is yes, then you can ask, “Is there more?” If you didn’t get it right go back and let your spouse (or the other person) try again.
2. **Validation**- This is the part of the process where you let your spouse know that what they are saying makes sense to you and that they aren’t “crazy”. This doesn’t mean that you have to agree with what they are saying, but that you can understand where they are coming from. They have a valid point to make. An example of this would be, “It makes sense you would want to tell me this because.....” or “I understand that....”

The process of Mirroring and Validation affirms the other person and increases trust and intimacy.

3. **Empathy**- Now you have a chance to put yourself into your spouses “shoes”. This is a simple yet deep level of communicating. This has the potential to be very healing. You are trying to reach into the other person and experience their emotions. Empathy allows you to have a genuine “meeting”, even if it is only for a moment. An example of this would be, “ and I imagine that you may feel (sad, alone, unimportant etc. Now thank each other for doing this.