



## The Intentional Dialogue A Gentle Reminder

### Step 1. Send & Mirror

*Sender sends a message:*

**I feel...**

**I love...**

**I need...**

**What's bothering me is...**

*Receiver listens deeply, echoes message,*

*Checks for accuracy and invites more:*

**Let me see if I've got you.**

**You said...**

**Did I get that?**

**Is there more about that?**

*Receiver summarizes:*

**Let me see if I got it all...**

**Is that a good summary?**

*Repeat with additional messages.*

### Step 2: Validate

*Receiver validates sender's message:*

**You make sense to me and what makes sense is...**

### Step 3. Empathize

*Using words (e.g. angry, sad, happy, loved, important),*

*the receiver imagines the sender's feelings,*

*and then checks for accuracy:*

**I imagine you might be feeling...**

**Is that what you are feeling?**

Switch Roles and Repeat Steps 1 – 3

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