

Deepening Your Relationship: The Imago Couples' Dialogue
Module 2: Sentence Stems to use in Mirroring an Appreciation Dialogue

Use these stems when engaging in the Mirroring an Appreciation Dialogue, finishing the sentence with your own thoughts and feelings.

👁️ “I appreciated it when you...” (something specific that they recently said or did)

or

👁️ “Something I appreciate about you is...”

👁️ “And an example of that was when you...”

👁️ “And what that means to me is...”

👁️ “And when you do that I feel...”

👁️ “And how that is similar or different from what I experienced in childhood is...”

Note: Watch the lectures and demonstration in module 2 for instructions and examples of the Mirroring and Appreciation Dialogue.