

IMAGO DIALOGUE LIVE

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July 2009
Smart Marriages



MIRRORING

SENDER

I would like to Dialogue about something
I want to share. Is now a good time?

RECEIVER

I'm available now.

Take a Moment

You both may want to take a moment to
breathe in the silence
before beginning a Dialogue.

Using "I" language and positive words:
I feel...
I tell myself...
My desire is...

Check accuracy of the mirror and resend
or modify any parts not clearly received.
Yes, you got me.
Or The part you got was . . . and I also
want you to hear . . .

Listen to the message, mirror, and check
for accuracy:
Let me see if I've got you. You
said . . . Did I get that?

Continue mirroring until the Sender
indicates, "Yes, you got me." Then invite
more:
Is there more?

Both partners continue the process until the Sender agrees
that the Receiver has "got it" and there is "no more."

Thank you for listening.

Thank you for sharing.

When the process is complete,
SWITCH ROLES.

Imago Dialogue®

Summary

When to use it:

1. You want to be listened to and understood.
2. You are upset about something and want to discuss it.
3. You want to discuss a topic that you think might be "touchy".

SENDER

**I would like to have an Imago Dialogue.
Is now okay?**

Send message, using "I" language, and only describing behaviors when referring to the partner.

Listen to summary and give accuracy check.
Resend if necessary.

Listen to validation.

Listen to Receiver.

Accuracy check. If RECEIVER did not get the feelings right or did not get all of the feelings, share with RECEIVER. **I think I felt more...** or **Yes, and I also felt...**

RECEIVER

I'm available now.

Mirror.

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

Summarize.

**Let me see if I got all of that . . . In
summary, you are saying . . .
Did I get it all?**

Validate.

**You make sense, and what makes
sense is . . . or I understand that you...
given that ...**

Empathize.

**I imagine you might be feeling . . . or I
imagine you might have felt . . . or You
said you are feeling . . . (if feelings were
stated.)**

Accuracy check.

Is that what you are feeling

Switch Roles. The new SENDER starts with, "What I experienced inside as I listened to you just now is . . ."

Specific Phrases for Imago Dialogue

SENDER

I would like to have an Imago Dialogue about . . .
Is now a good time?

* * *

I feel . . .
I love . . .
What's bothering me is . . .

RECEIVER

MIRRORING

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

Summary Mirror

Let me see if I got it all. In summary, you are saying . . .
Did I get all of that? *or*
Is that a good summary?

VALIDATING

You make sense to me, and what makes sense is . . . *or*
I can understand that . . . given that . . .

EMPATHIZING

I imagine you might be feeling . . . *or*
I imagine you might have felt . . . *or*
I can see you are feeling . . . (*if feelings were stated*).

Is that what you are feeling?

SWITCH ROLES

Gifts of Change Dialogue

Imago Dialogue can help restore connection in our relationship. Dialogue can ultimately transform areas of potential conflict into opportunities for growth by moving us into specific actions. We ask, “What does our relationship need from me?” rather than “What do I need from our relationship?” When we identify specific opportunities, we gift the relationship by stretching into new behaviors that provide growth in the Sender and healing in the Receiver.

START-UP

Sender: Request an appointment to express a gift of change.
I would like a Dialogue to express a gift of change. Is now a good time?

Receiver: **I’m available now** (or at a specific time, and soon).

TAKE A MOMENT

You both may want to take a moment to “breathe in the silence.”
Then look into your partner’s eyes, relax,
and feel the safe space between you.

Step #1: MIRROR

Sender: Tell your partner the behavior you decided to work on.
Example: “When I get upset about you being late, I react like a Hailstorm.”

Receiver: Mirror the statement. Then ask: **“Is there more about that?”**

Sender: Deepen the send by:

- Describing how you react (if applicable).
- Sharing your feelings and/or fears behind the behavior.
- Sharing the Childhood Story.

Example: “I do that by getting really angry when I’m waiting for you to call or come home. I start banging things around and get really curt with the kids. By the time you

come home, I explode and I start yelling at you. When I'm reacting this way, I feel angry, rejected, and unimportant to you. I think the feelings of rejection and unimportance reminds me of being ignored by my older siblings who always did their own thing with their friends and didn't want a little kid tagging along."

Receiver: Listen to your partner. At any point while your partner is sharing, you can ask for a pause, mirror back sections, check for accuracy, and invite your partner to continue.
"Let me see if I've got you. I heard you say . . ."
"Am I getting you?" Or "Did I get that?"
Then ask: **"Is there more about that?"**

Sender: Listen to mirroring, and indicate accuracy.
"Yes, you got me." Or "The part you got was . . . and I also want you to hear . . ."
(Continue sending until there is no more about that.)

Receiver: Continue mirroring until there is no more about that.
(Make sure the Sender is complete before going on to the summary.)

Summary mirror.

Let me see if I got it all. You said . . .
Did I get all of that?

Sender: Listen to the summary and resend if necessary until complete.

Step #2: VALIDATE

Receiver: Validate.
"You make sense to me, and what makes sense is . . ."

Sender: Listen to and receive the validation.

Step #3: EMPATHY

Receiver: **"I imagine you might be feeling . . ." or "I imagine you might have felt . . ." or if feelings were stated "I can see you are feeling . . ."**
Check for accuracy. **"Is that what you feel/felt?"**

Sender: Listen to and receive the empathy. If the Receiver did not get the feelings or did not get all of the feelings, share with the Receiver what your feelings are/were.

Step #4: STATING THE GIFT

Receiver: **“What gift would you like to give me and our relationship so that you can grow?”**

Sender: **State your “Gift of Change.”**

Receiver: Mirror the change until 100 percent accurate.
“When you stretch into this change, how do you think you will feel?”

Sender: Imagine yourself integrating this change. What will it feel like?
“When I do this, I imagine I will feel . . .”

Receiver: Mirror the change until 100 percent accurate

ENDINGS

Sender: Share how this change will affect you and/or your relationship.
“This change will help me/us by . . .”

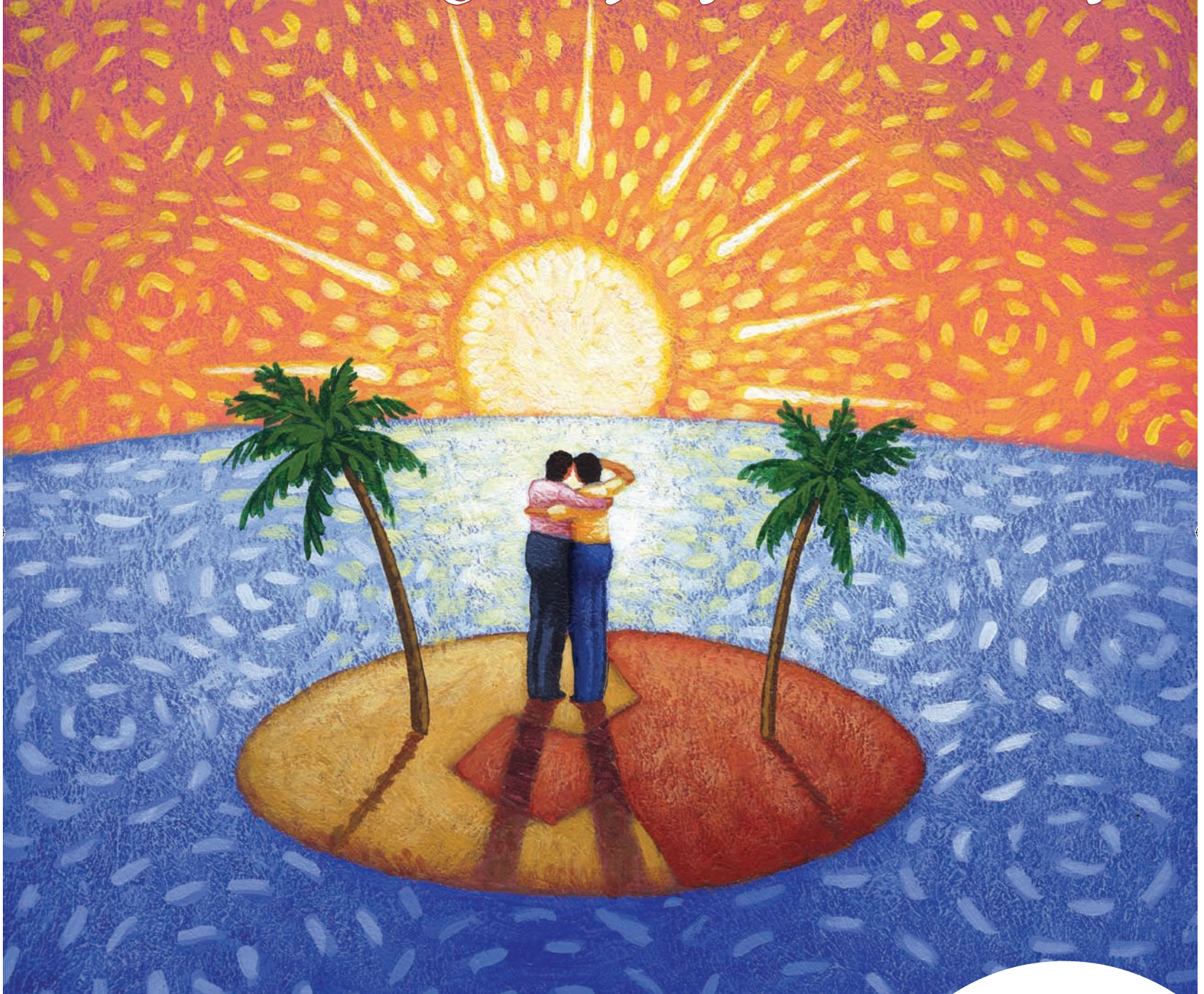
Receiver: Mirror the change until 100 percent accurate

Receiver: **“Thank you for that gift to our relationship.”**

Sender: **“Thank you for listening.”**

Restore the connection

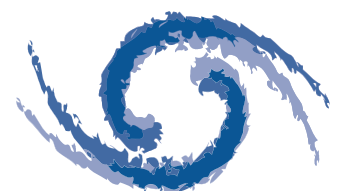
Education Programs for your community



Beyond communication – to lasting connection

It is only when relationship education engages the emotions that the relationship can be changed enough to make a lasting difference. That's where Imago relationship education programs stand out. For more information on our education programs or our "Through Conflict to Connection" DVD, please see the information on back, or contact us directly at

212 240 7433 | www.gettingtheloveyouwant.com



I M A G O
RELATIONSHIPS

Why couples fall out of love

Imago programs explain a simple and accessible model of relationship which helps couples make sense of the struggles in their relationship. They learn about their power-struggles as an opportunity to discover true and lasting love. The Imago model is so simple, and yet so powerful that we often we hear couples say “Ah, now it all makes sense”.

What couples can do to restore the connection

Imago Dialogue is the core skill taught in our programs. Through learning the Imago Dialogue couples learn to create a safe environment to discuss current frustrations, and discover the stories and emotions that lie beneath. Imago programs both teach the basic dialogue, and show variations on the dialogue which can be used to transform conflicts, create a positive vision, and introduce fun and romance into their life together.

Imago Relationship Education Programs

Length – hours	Teach out of the box	Program Title
1–6	Yes	“Through Conflict to Connection”
8	Yes	Under development – available soon
3	Training required*	“ImagoConnects”
8	Training required*	“Start Right, Stay Connected” – Premarital program

“Couplehood as a Spiritual Path, Imago’s faith-based programs, are also available through www.CouplehoodAsaSpiritualPath.com

*Imago training for Educators is targeted directly at the needs of relationship educators. The initial four-day training will be provided over 2 week-ends, at a cost of \$800:

- Imago theory and practice
- Presentation skills
- Details of specific programs that are available to present, with practice
- Marketing and moving forwards

The first pilots of this new program will be available in the fall. Check our website www.gettingtheloveyouwant.com for details, or contact us and we will let you know as courses become available in your area.

“Through Conflict to Connection” DVD-based “Teach out of the box” (no training required)

- 1–6 hours – “PLUS” version extendable to 8 hours (available soon)
- This DVD-based program can be used in several ways:
- It can simply be shown as a one-hour “documentary style” program, as an introduction to the concept of Imago and relationship education
- It can be used with the facilitator guide to run three 90–120 minute sessions – about 5–6 hours total.

The core content of the program is the “Through Conflict to Connection” DVD. Join three couples as they are guided through conflict by leading Imago therapists, including Imago co-founder Harville Hendrix, Ph.D. The DVD is created in a documentary style that takes us on a fascinating voyage of discovery, as we learn about each couple’s story, and see how their past experience lies at the heart of conflict. As they are coached in the Imago processes, each couple works towards understanding, reconnection and transformation.



Please contact us for more details at

212 240 7433 | www.gettingtheloveyouwant.com



HARVILLE HENDRIX, PH.D.

COUPLES THERAPIST, BESTSELLING AUTHOR, LECTURER



Inviting everyone to transform their relationships by living a life of Dialogue.

Harville Hendrix, Ph.D. – co-creator with his wife Helen LaKelly Hunt, Ph.D. of Imago Relationship Therapy – invites you to “live a life of Dialogue” by visiting his website www.HarvilleHendrix.com.

2009 UPCOMING EVENTS

For the General Public

September 13-18

Getting the Love You Want: A Spiritual Path for Couples
Hollyhock Retreat Centre: British Columbia, Canada
www.hollyhock.ca

September 25-27

with Helen LaKelly Hunt, Ph.D.

Getting the Love You Want: A Workshop for Couples
Omega Institute: Rhinebeck, NY
www.eomega.org

December 4-6

with Helen LaKelly Hunt, Ph.D.

Getting the Love You Want: A Workshop for Couples
Kripalu Center: Stockbridge, MA
www.Kripalu.org

For Professionals

October 11-16

Imago Professional Training
Omega Institute: Rhinebeck, NY
www.eomega.org

October 22-24

with Helen LaKelly Hunt, Ph.D.

Imago Relationships International Annual Conference
Albuquerque, NM
www.gettingtheloveyouwant.com/professionals/conference

November 5-8

Redecision Therapy Association Conference
New Orleans, LA
www.redecisionconference.org

November 13-14

Imago FACT A Training
Chicago, IL
www.gettingtheloveyouwant.com/professionals/course-schedule

December 9-13

Evolution of Psychotherapy Conference
Milton Erickson Foundation: Anaheim, CA
www.evolutionofpsychotherapy.com

WWW.HARVILLEHENDRIX.COM



NEW PROGRAMS FROM *Drs. Harville Hendrix & Helen LaKelly Hunt*

Experience a new way to love.

**Couplehood as a Spiritual Path:
The Imago Journey**
*(available for Christian, Jewish
and Interfaith couples)*



THIS PROGRAM WILL HELP YOU DISCOVER:

- The unconscious purpose of attraction.
- Why conflict is growth trying to happen.
- The healing spirit of God in your relationship

PROGRAM FORMAT:

- High-quality DVD-based Marriage Education curricula for couples.
- Available for AT HOME or GROUP STUDY (no training required).
- Based on the principles in the book

GETTING THE LOVE YOU WANT: A GUIDE FOR COUPLES.

For information about “Couplehood: The Imago Path to Real Love,” a derivative program developed to support federally funded Healthy Marriage Initiatives, please contact Sanam Hoon at 845-669-8692.

For additional Imago programs and services, visit
www.GettingTheLoveYouWant.com



www.CouplehoodAsaSpiritualPath.com