

Imago dialog pdf

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this process, known as mirroring, shows the partner that they were heard. learning objectives. you are upset about something and want to discuss it. the imago process is a transformative journey, and when applied consistently, promotes mutual. let me see if i've got you. dialogue: a simple path to restoring connection and empathy. in summary i heard you say is that a good summary? limit to 1 or 2 chunks (3- 4 sentence groups). in the mirroring step, when your partner pauses, or perhaps when you have asked them to pause, you will repeat back everything you heard them say. express only one appreciation. purpose: imago dialogue is a process that ultimately transcends conflict and creates connection and understanding, allowing two realities to exist in a safe context. a complete dialogue is 2 rounds! decide who will be the first sender and the first receiver. one of life's greatest illusions: there is just one reality. there are 3 main steps to the imago dialogue: • mirroring. in the imago dialogue both parties agree to a basic ground rule: to talk one person at a time. human communication is healthy when we: summarize, validate & empathize! the full imago dialogue process. however, when the topic has some energy around it, we often slip into. although it looks simple, the process was formulated through extensive study of psychological theories of relationship, and clinical work with couples. imago dialogue: receiver instructions. demonstrate the imago dialogue process. you pdf want to express your appreciation and love. " keep& repeating& & until& sender& says& & there& is& no more " did& i& get& you? harville hendrix, phd & helen hunt, phd the felt sense conference. to therapists and other professionals who wish to use this tool: you are welcome to download the diagram below to use with your clients with the following request: that if possible, you include a link on your website to this page or simply to " imagoworks. eventually, each partner becomes skilled at containing the other's pain and reactivity. óharville hendrix and helen lakelly hunt. the dialogue tool is designed to help any two people move out of reactivity and back to a place of mutual acceptance. you initiate a dialogue when: 1. go to summary) 2. there are three key components of an imago dialogue: use these three elements in the process outline below: you can repeat this cycle until both partners agree that the conversation has reached its natural end. is there more about that? remaining calm and conscious is usually easy when the topic is positive, as in the appreciation dialogue. what& i& heard& you& & say is&. mirror: " what i heard you say is. " " is& there& more? you want to be listened to and understood. imago dialogue and focusing. imago dialogue is a unique three step process for connection, developed pdf by harville hendrix phd and helen lakelly hunt phd. imago dialOgue (practice) polly m ryan, ma, mft, po box 2315, truckee, ca. the imago dialogue is a unique and powerful communication tool originally conceived for couples, but useful in any communication. a core skill is a three- part dialogue that breaks couples out of defensive and symbiotic relating and promotes differentiation and compassion for the other. step one: mirror. the imago dialogue deepening (from content to affect) and " shallowing" (from affect to cognition) - sentence stems, doubling,

focusing, directives demonstration: imago dialogue with affective deepening and “shallowing” practice: imago dialogue – deepening affect and “shallowing”, with feedback. let’s take them one at a time. learning how to resolve conflict in healthy and loving ways prevents lasting damage, resentment, or hurt that can slowly tear relationships apart. to learn how to talk without criticism, listen without judging and connect beyond differences. couples dialogue involves repeating back what was actually said rather than imago dialog pdf what the listener interpreted. listen: as your partner speaks, listen without interrupting until he/ she pauses or until you ask them to pause. creating new pathways. imago dialogue - mirroring demonstration (dvd and/ or live) imago feedback process - 1 the imago dialogue - mirroring practice – as participant - as facilitator feedback closing segment 2 opening – contact and connection meta- theory : from the cosmic journey to the relational paradigm high energy fun the imago dialogue – overview. explain the outcomes of imago dialogue. describe the key difference between the relational paradigm and the individual paradigm. start with “ appreciation dialogue” before any “ repair dialogue”. are you available? (when sender has no more to add. this creates a dynamic in which one person is speaking, or, “ sending”, and another person is listening, or. dialogue is crucial to imago and the future happiness of the couple. com/ the- imago- dialogue/ steps/. imago dialOgue (practice) the appointment (sender) “ i’ d like to have an imago dialogue. the sender in an imago dialogue shares equal responsibility with their partner for the success or failure of any dialogue. dialogue: the three main steps. when your partner pauses, repeat back everything you heard them imago dialog pdf say, without. references: reichlin, b. the imago dialogue. switch roles - 1 send, 1 receive is 1 round. imago teaches specific tools, skills, and guiding principles designed to empower couples: express feelings in a non- confrontational, safe and structured environment. imago dialogue: receiver pdf flowchart. imago dialogue: sender instructions. the imago dialogue deepening (from content to affect) and “ shal- lowing” (from affect to cognition) - sentence stems, doubling, focusing, di- rectives, silence, voice modulation demonstration: imago dialogue with affective deepening and “ shallowing” practice: imago dialogue – deepening affect and “ shallowing”, with feedback ” “ if& i& got& it& all, & you& said.

 Difficulté **Difficile**

 Durée **121 jour(s)**

 Catégories **Énergie, Maison, Musique & Sons, Recyclage & Upcycling, Science & Biologie**

 Coût **993 USD (\$)**

Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -
