



Imagio Conversations for Couples is a guided communication process designed to help partners connect more deeply, resolve conflicts, and build a stronger, more empathetic relationship. Rooted in Imago Relationship Therapy, these structured conversations promote active listening, validation, and mutual understanding—creating a safe space for open, healing dialogue.

Imago Dialogue: 3 Simple Steps

1. Mirroring – “I hear you...”

- One partner (the *Sender*) shares a thought or feeling.
- The other partner (the *Receiver*) listens and repeats back *exactly what was said*.
- Use phrases like:
 - “Let me see if I got that...”
 - “What I hear you saying is...”
 - “Did I get that right?”
 - “Is there more about that?”

Purpose: Helps your partner feel truly heard and prevents misunderstandings.

2. Validation – “That makes sense...”

- Once the *Sender* is finished and mirrored, the *Receiver* offers validation.
- Use phrases like:
 - “That makes sense because...”
 - “I can understand that you would feel that way...”

Purpose: Shows your partner that their experience is understandable, even if you see it differently.

3. Empathy – “I imagine you might feel...”

- The *Receiver* now shares what they imagine the *Sender* might be feeling.
- Use phrases like:
 - “I imagine you might be feeling...”
 - “Is that how you feel?”

Purpose: Builds emotional connection and softens defenses by meeting your partner with compassion.

Tips for Success:

- Take turns being the *Sender* and *Receiver*.
- Stay calm, curious, and open-hearted.
- Use a gentle tone and maintain eye contact.
- Practice regularly — especially during calm times — to build trust.

Kindly

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