

## Conscious Communication

- . mirror
  - reflects back to the other person exactly what you heard he / she says
- . validate
  - reflects that you respect the others truth, point of view, (his / her truth makes sense)
- . empathize
  - reflects what you think the other person is feeling

## Conscious Communication

### 1. MIRRORING (MCI)

What I'm hearing you say ... or

If I am hearing you correctly, you said ...

*then:* (check it out)

Did I get that right?

*then:* (invite)

Is there more about that?

Repeat this process in two to three rounds of mirroring then ...

### 2. VALIDATING

Validating is saying, "I can see how **YOU** would see it that way. From your perspective (reality), you make sense." Note that validating is not agreeing.

First **summarize** what you heard the other say.

*then:* say something like:

That makes sense to me because ... or

I can understand that because ... (*keep this short*)

### 3. EMPATHIZING

I can see how that would make you feel ... or

That must make you feel ... (*think of one **feeling word**, not phrases*)

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If I'm hearing you correctly, you said . . .

*then:* (check it out)

Did I get that right?

*then:* (invite)

Is there more about that?

repeat this process in *two* to *three* rounds of mirroring

The following communication tool is the basis for healing in Imago Relationship Therapy.

**Conscious Communication involves two people**  
a speaker and a listener

the ***speaker***

- . request the dialogue
- . focus on one issues, concern, idea, thought
- . be respectful, and values the other person --- (speak your truth, ideas, opinions)
- . make “I” statements  
I feel, I think, I want, I see
- . avoid “you” messages and “put downs” about the other person
- . speak in short sentences to allow the other to hear and retain your reality

the ***listener***

- . grants the dialogue
- . makes yourself available, attentive, open, to receive
- . put aside your reactivity, ideas, feelings, thoughts
- . wait for a pause or break in the sharing, or when you think you might lose the idea, ask the speaker to pause by calmly holding up your hand

This communication tool is the basis for healing in Imago Relationship Therapy. If you and your partner learn and practice this one skill regularly, you will stop the re-injuring process and begin to open the way for conscious healing.

peace and love