

The Intentional Dialogue Using an Appreciation

(Appointment, Connecting and Mirroring)

SENDER

Step 1: Set the Appointment

Do you have time for me to share an appreciation?

Step 2: Establish Connection

Sit across from each other, Use "I" language, positive words and short amount of information.

Step 3: Dialogue

One thing I appreciate about you is *(state your appreciation)* **you made the bed yesterday.**

*If they did not get it all: **You got most of it, the part you missed was...** and repeat only the part they did not mirror back or did not mirror back correctly.*

*If they did get it all: **Yes.***

Yes, I appreciate it because *(state why)* **I feel like we're a team.**

*If they did not get it all: **You got most of it, the part you missed was...***

*If they did get it all: **Yes you got it.***

You're welcome.

RECEIVER

Yes. Or, I'd like to and I'm busy right now. I'll be available *(give time)* **in 10 minutes, at 8 when the kids are in bed. Find your partner at stated time and let them know you are ready to listen.**

Mirror: What I heard you say was you appreciate that I made the bed yesterday. *(Repeat their words as accurately as possible without leaving out or adding in words or adding your own interpretation).*

Check accuracy: Did I get that?

If mirroring IS inaccurate: Listen to missing piece and repeat Mirroring.

*If mirroring IS accurate: **Ask is there more?***

Mirror: What I heard you say was you appreciate it because you feel like we're a team.

Check accuracy: Did I get that?

If mirroring IS inaccurate: Listen to missing piece and repeat Mirroring

*If mirroring IS accurate: **Thank you for sharing that.***