

IMAGO Dialogue Outline by Joel Lavenson

1. Mirror –“ What I think you said was.....”

Am I getting that?

Tell me more

2. Validate: “That makes sense and If I saw it the way you see it I would feel the same way”

3. Empathize:

“And you might also feel?”

Am I getting it?”

4. So when you felt that you way, you **REACT BY** doing what?

5. And that is to **AVOID FEELING** or keep you from feeling what ?

6. And when you remember that feeling it **REMINDS YOU** of what?

When did you have that feeling when you were a kid?

Tell me a time you can remember so I can better understand.

LISTEN then say “so you feel really (worthless)” Fill in the feeling they expressed that they were trying to keep from feeling.

What did you never, never, never, **NEVER WANT TO FEEL** back then? (THIS IS THE POISON THEY HAVE BEEN CARRYING AROUND FOR LIFE THINKING THEY ARE DOOMED TO NEVER GET RID OF IT)

7. What would have preferred to feel or wish you could have felt instead.

(NOW ENTERS THE ANTEDOTE IN THE FORM OF A BEHAVIOR CHANGE REQUEST TO TRIGGER THE PREFERRED FEELING)

8. What can your partner do that if they did would trigger the feelings you want as an antedote to the poison you have been carrying around your whole life.

9. Sender gives three choices and the partner chooses one to do this next wee.

This becomes the check in point for the next session