

# The Imago Dialogue

Dialogue helps people cut through their natural defenses to create a more genuine connection. The structure of the Imago dialogue provides safety, and the first rule is to banish all shame, blame and criticism.

*Come together as a couple...*

Speak with safety



listen to understand

keep it short and simple



mirror so they feel heard

accept their understanding



validate that they make sense

welcome the empathy



emphathize to connect

*hug and enjoy the connection!*



Imago Relationships  
NORTH AMERICA

I see you. I feel you. I understand you. I'm in love with you all over again.