

Everyone is unique, which means we all have different preferences regarding what makes us feel affirmed. This Dialogue Guide will help you and a partner discover how you can best affirm each other.

The prompts listed in this guide will first direct the sender to share an Appreciation (as an initial connecting activity), and then direct the sender to describe an Affirmation that makes them feel seen and heard. Discussing Affirmation experiences helps teammates learn more about what types of Affirmations are the most meaningful to each other, so they can better affirm each other in the future.

Use this Dialogue Guide as a team-building activity or anytime you want to better understand your teammates Affirmation preferences.

INSTRUCTIONS:

Follow the prompts exactly as they are listed below.



The person initiating the conversation and sharing the Affirmation experience will follow all the orange bubble prompts aligned to the left labeled Sender.



The person listening, Mirroring, Summarizing, Validating, and Empathizing will follow all the **blue bubble** prompts aligned to the right labeled **Receiver.**

1 - MAKE APPOINTMENT

I would like to have a Safe Conversation about something that makes me feel seen and heard. Is now a good time?



Yes, now is a good time.



Quantum

Connections"

Connect Non-Verbally: Make eye contact and take a breath before beginning the dialogue.

2 - SHARE & MIRROR

Begin with an Appreciation

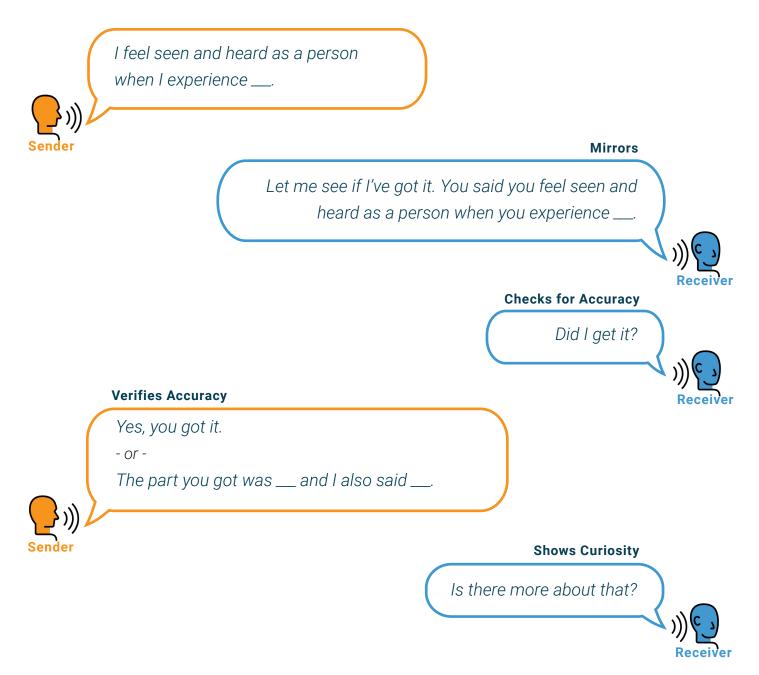
First, I would like to give you an Appreciation.

I appreciate that

Note to the Receiver:

If at any point in the Dialogue you get overloaded, raise your hand and say: "Let me try to Mirror you back so far."



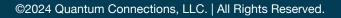


Receiver continues to Mirror Sender until the Sender confirms the Receiver "got it."

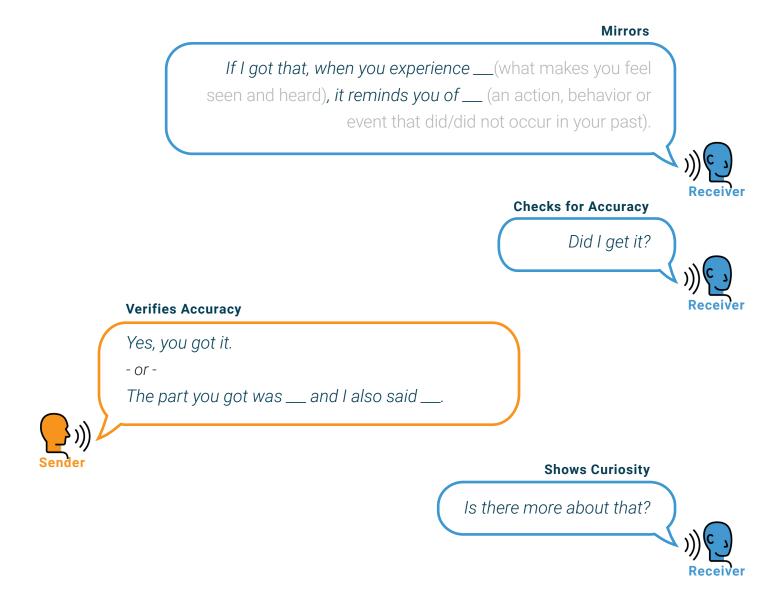
Connects Affirmation/Feelings to Past Experiences

When I experience (what makes me feel seen and heard), It reminds me of (an action, behavior or event that did/did not occur in my past).



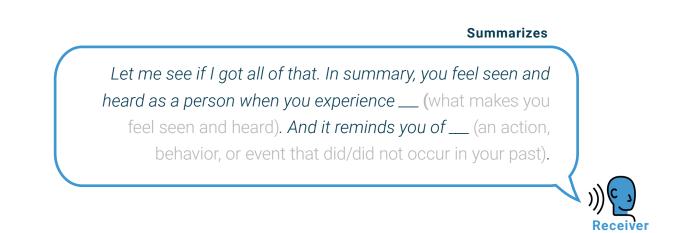






Receiver continues to Mirror Sender until the Sender confirms the Receiver "got it."

3 - SUMMARIZE





Checks for Accuracy

Is that a good summary, did I get it all?



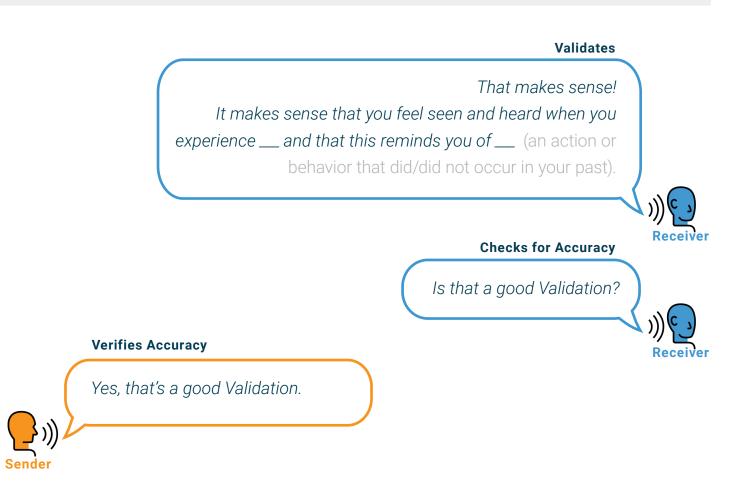
Verifies Accuracy

Yes, you got it all.

- or -

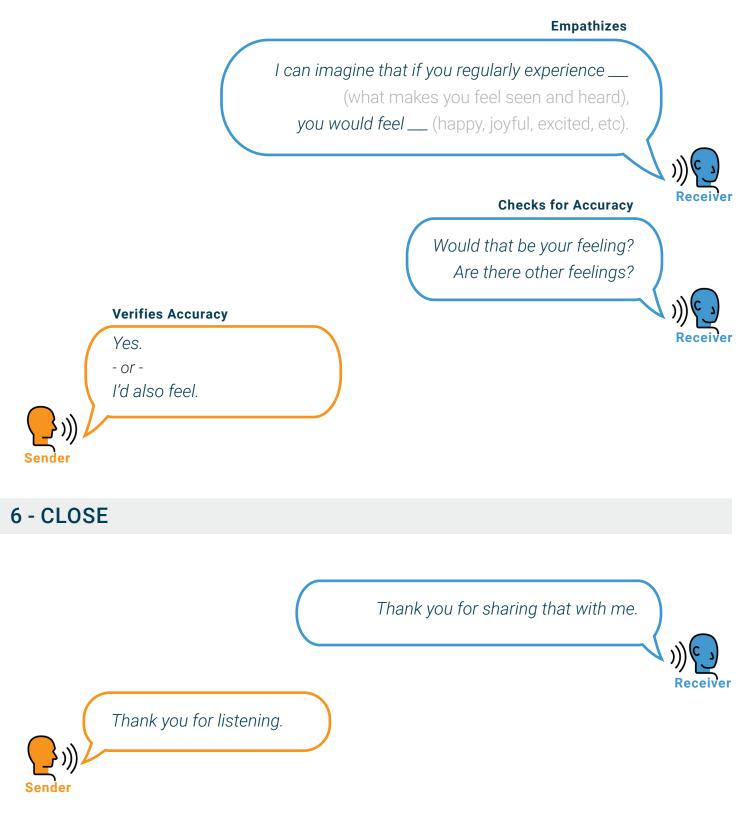
The part you got was ____ and I also said ____.

4 - VALIDATE





5 - EMPATHIZE



Give each other a handshake or high five.

