



DIALOGUE GUIDE

The Practice of Affirmations

Q1-20210212


Purpose of this Dialogue



Affirmations are words that express appreciation, recognition and positive validation - both given and received. Practicing Affirmations is an essential ritual that, when built into every relationship, creates an environment within which connection and growth can happen. The Practice of Affirmations is the foundation of Zero Negativity. Where true appreciation exists, negativity cannot.

To prepare for the Affirmations Exercise, on the following pages list of the actions, behaviors or words you have expressed or given to another person, and actions, behaviors or words you would like to receive. Then, using the Affirmations Dialogue, share an action, behavior or words that make you feel seen and valued, and why. Deepening your awareness in this safe and structured way empowers you to bring positive growth into all your relationships.

Remember: What you focus on is what you get.
The more GOOD you focus on, the more good you will get!



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Affirmation Given



In the chart below, list several affirmations you have GIVEN to someone in the past or plan to in the future.

Affirmations given to others to express that I value and care for them:

Affirmation Received



In the chart below, record several affirmations that you have RECEIVED that have made you feel cared about, appreciated, visible, worthwhile.

For the purposes of this workshop, select an affirmation you have received and using the Affirmations Dialogue, share that affirmation with your Dialogue Partner.

Affirmations received from others that make me feel valued and cared about include:

The Affirmation Dialogue



MAKE AN APPOINTMENT



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

Yes, I'm available now.



Connect Non-Verbally: Make eye contact and take three deep breaths in sync.

EXPRESS AN APPRECIATION



First, I would like to give you an appreciation. I appreciate that _____ (something special or important about the Receiver)

i Mirrors

If I got that, you appreciate that I _____.



i Checks for Accuracy

Did I get it?



i Verifies Accuracy

Yes, you got it.



 Acknowledges Appreciation

Thanks for sharing that!



Thanks for receiving it.



SHARE AN AFFIRMATION

Now I'd like to talk about an Affirmation I have received that makes me feel seen and valued as a person – at (home, work, or in my Community).



I feel seen and valued as a person when I experience _____.



Note to the Receiver: If you get overloaded, raise your hand and say:
“I'm overloaded, let me try to mirror you back so far.”



 Mirrors

Let me see if I've got it. You said you feel seen and valued as a person when you experience _____.



 Checks for Accuracy

Did I get it?



 Verifies Accuracy

Yes, you got it. - *or* - Yes, and I also said _____.



 Shows Curiosity

Is there more about that?



Receiver continues mirroring, checking for accuracy and asking “Is there more?” until the Sender says: “There is no more.”

PAST EXPERIENCE

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



 Mirrors

If I got that, when you experience _____ (what makes you feel seen and valued), it reminds you of _____ (an action, behavior or event that did/did not occur in your past).



 Checks for Accuracy

Did I get it?



 Verifies Accuracy

Yes, you got it. - *or* - Yes, and I also said _____.



 Shows Curiosity

Is there more about that?



Receiver continues mirroring, checking for accuracy and asking “Is there more?” until the Sender says: “There is no more.”

SUMMARIZE

 Checks for Accuracy

Let me see if I got all of that. In summary, you feel seen and valued as a person when you experience _____ (what makes you feel seen and valued). And it reminds you of _____ (an action, behavior or event that did/did not occur in your past).



 Shows Curiosity

Did I get it all? - or - Is that a good summary?



 Verifies Accuracy

Yes, you got it. - or - The part you got was _____ and I also said _____.



VALIDATE

What you are saying makes sense, and the sense I see is that when you experience _____, you feel seen and valued as a person, and it makes sense that it reminds you of _____ (an action, behavior or event that did/did not occur in your past).



 Checks for Accuracy

Is that a good validation?



 Verifies Accuracy

Yes, that is a good validation.



EMPATHIZE

I can imagine that when you experience _____
(what makes you feel seen and valued),
you feel _____ (happy, joyful, excited, etc.).



i Checks for Accuracy

Is that your feeling? Are there other feelings?



**Receiver continues mirroring, checking for accuracy and asking
“Is there more?” until the Sender says: “There is no more.”**

CLOSURE

Thank you for sharing all that with me.



Thank you for listening.



**Give each other a handshake or high five. If you are with
an intimate partner, give each other a one-minute hug.**

SWITCH ROLES