



 Safe Conversations®





IV - Dialogue Guide

Sharing an Appreciation



Sharing an Appreciation

- 1 Decide who will be the first Sender 
and who will be the Receiver 
- 2 Follow the structure and use the sentence stems precisely as indicated.
- 3 When all the steps are completed, switch roles and repeat the process.

MAKING AN APPOINTMENT



I'd like to share something I appreciate about you,
is now a good time?

Yes, now is a good time.



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

SHARING THE APPRECIATION



The Appreciation I have for you is _____ .

Note to the Receiver:

If at any point in the dialogue you get overloaded, raise your hand and say: "I'd like to Mirror you back so far."



MIRRORING FOR ACCURACY

Mirrors

Let me see if I've got it.
You said you appreciate that I _____.



Checks for Accuracy

Did I get it?



Verifies Accuracy

Yes, you got it.

- or -

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



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

Shows Curiosity

Is there more about that?



Yes. When you do that / when I see that in you,
I feel _____.



Mirrors

Let me see if I've got it. You said when I do that / when
you see that in me, you feel _____.





Checks for Accuracy

Did I get it?



Verifies Accuracy

Yes, you got it.

- or -

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



Continue the process until the Sender agrees the Receiver “got it.”

SUMMARIZING

Summarizes

Let me see if I got it all. You appreciate that I _____.

When you experience that, you feel _____.



Checks for Accuracy

Is that a good summary? Did I get it all?”



Verifies Accuracy

Yes, you got it.

- or -

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





CLOSING



Thank you for listening, and
receiving this Appreciation.



Thank you for sharing the Appreciation.

Give each other a handshake or high five, or with an intimate partner give each other a one minute hug.

When all the steps are completed, switch roles and repeat the process.