

FULL INTERCHANGING DIALOGUE

MIRRORING

Assume The Position!

Take a moment to become centered. Look in your partner's eyes. Smile! Remember the impact of your facial expression on your partner. Receivers, remember you have a sacred opportunity to help the self in your partner emerge. Hold onto an object to remind you. Senders, if your partner misses something, remember to say, "You got most of it, let me send this part again".

SENDER

**One thing I am grateful for
In our relationship is...**

**(Continue talking about your
gratitude. Some possible things to
explore are:**

**I am grateful for this because...
How you have contributed to this is...
How this is different or similar to my
relationships in childhood is...**

RECEIVER

**Mirror
Did I get it?
Is there more?**

**Continue Mirroring
and asking: Did I get it?
Is there more? Until
there is no more.**