

PRACTICE:

MIRRORING AN APPRECIATION

MAKING AN APPOINTMENT



I would like to express an appreciation.
Is now a good time?

I'm available now.



CONNECTING NON-VERBALLY

Make eye contact and take three deep breaths in sync.

SHARING THE APPRECIATION



One thing I appreciate about you is...

MIRRORING AND CHECKING ACCURACY

Let me see if I've got it. You said...
Did I get it?



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

Is there more about that?



When you do that, I feel...
-or-
When I see that in you, I feel...

Did I get it?
Is there more about that?



RECEIVER



SENDER

When I feel... , it reminds me of
a time in the past when I felt...
-or- did not feel...

Let me see if I got that...
Did I get it all?
Is there more about that?



RECEIVER

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

SUMMARIZING

Let me see if I got all of that.
In summary, you are saying...
Did I get it all?



RECEIVER



SENDER

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

CLOSURE



SENDER

Thank you for listening.

Thank you for sharing.



RECEIVER

Couples: Give each other a one-minute, full-body hug

Non-romantic partners: Make a simple touch gesture to seal the connection, like a handshake or high-five.

SWITCHING ROLES

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