

Advanced Appreciation Dialogue

Sender

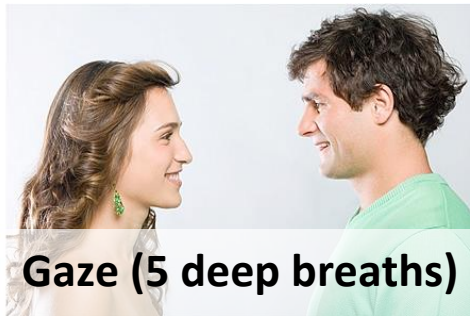
Reciever

Invitation



I'd like an appreciation dialogue is now a good time?

Now is a good time.



Gaze (5 deep breaths)

"One thing I appreciate about you is . . ." Create a specific picture e.g. "I love it when you came into our room and kissed me goodnight . . ."

Appreciation Picture



Mirror (word for word)

"Did I get it?"

"Is there more?"

"What I like about this ... describe the personal impact on you – e.g. I love the soft feel of your lips it makes me feel warm and tingly and excited"



Personal Impact

“What I tell myself about you is . . .” e.g. “You are an amazing kisser and you really love me and find me desirable.”



“When I tell myself that story I feel . . .”
single word e.g. *“lucky, happy, excited, secure”*

“So thank you.”

“You are welcome.”

“I’d like to respond”

SWITCH ROLES