

Imago - Appreciation Exercise for Week #2

Make an appointment - I'd like to make an appointment with you to share a gratitude...

a. (now...or...later) - what's important is that you're being explicit about timing

1. Sender: One thing I appreciate about you is <insert thing you're grateful for here>
2. Receiver: Let me see if I got this...<mirror back>. Did I get it?
3. Sender: Either - YES! Or, if not - "Not quite. What you got was <insert what they got>. What you missed was <insert what they missed>.

Repeat until the receiver gets the whole thing.

NEXT:

1. Receiver: Is there more?
2. Sender: Yes. When you do <thing I'm grateful for>, I feel <insert how it makes you feel>.
3. Receiver: Let me see if I got this...<mirror back>. Did I get it?
4. Sender: Either - YES! Or, if not - "Not quite. What you got was <insert what they got>. What you missed was <insert what they missed>.

Repeat 3 and 4 until Receiver Gets it.

NEXT:

5. Receiver: Is there more?
6. Sender: Yes. When I feel <insert how it makes you feel>, it reminds me of this thing/time in my childhood, which is <insert childhood memory>.
7. Receiver: Let me see if I got this...<mirror back>. Did I get it?
8. Sender: Either - YES! Or, if not - "Not quite. What you got was <insert what they got>. What you missed was <insert what they missed>.

NEXT:

9. Sender: Thank you for listening to my appreciation!
10. Receiver: Thank you for sharing it with me!

Finally, Sender and Receiver give each other a hug for 1 full minute (time it!).

Then...switch roles!