

Dialogue Outline

Crossing the Bridge

Host

Guest

1. Invite your partner

*I would like you to visit my world; I have something I would like to share. It is about
Is now a good time?*

3. Greeting

Thanks for being willing... I appreciate...

5. Speaking, using 'I' language.

*When I saw... (objective, like video)
Then I think... (the story I tell myself OR the meaning I make)
Then I feel...
I yearn for...
I need*

8. Listen to the summary.

*Yes, that's a good summary... or
One thing I want you to hear is ...*

10. Listen to and receive the validation. Or clarify.

12. Yes, I am feeling...

or No, I am not feeling... I'm feeling....

14. Yes, I am also feeling... or No, thank you.

15. Thank you for entering into my world...

I appreciate...

2. Accept invitation

Yes, now is a good time.

If not now, make a suitable time later.

4. Greeting.

Thanks for initiating this... I appreciate...

6. Mirror. Using hand like a pause button, mirror - word for word:

Did I get that? Is there more?

7. Summarise

In summary, what you're saying is...

Is that a good summary?

If your partner shares some of more, mirror that.

9. Understand & Validate

When I see your world through your eyes you make sense.

How you make sense is...

11. Empathise

I imagine you might be feeling . . . or

I imagine you might have felt . . .

e.g. sad, alone, worried, scared, relieved, terrified

13. Other feelings?

Are there other feelings?

Mirror other feelings.

16. Thank you for inviting me...

I appreciate...