

## Couples Dialogue

- **Mirroring** - I heard you say . . . Or If I am hearing you correctly, you said . . .  
*Then: Did I get that?, Is there more?*  
(Repeat this process in two to three rounds of mirroring and then validate.)
- **Validating** - Remember, validating is not agreeing. Validating is saying, "I can see how YOU would see it that way. From your perspective, you make sense."  
*Say something like: I can understand that. OR That makes sense to me because . . . (Keep this short.)*
- **Empathizing** - That must make you feel . . . (*Pick three feelings. Feelings are one word, not phrases.*)