# INTENTIONAL DIALOGUE SCRIPT



| SENDER | RECEIVER |
|---|---|
| **1. Ask to have an intentional dialogue.**<br>• *"I would like to have a talk with you about ... (keep it short). Is now a good time?"* | |
| | **2. Accommodate the request at least within 24 hours.** |
| **3. Say your frustration in ONE sentence.**<br>*Keep it short and be direct.*<br>• *"I am frustrated when you ...."*<br>• *"It really bothers me when you ..."* | **4. Take a deep breath. Prepare to listen non-judgementally, without thinking what your response will be.**<br>• *"Go on, I'm ready to listen."* |
| | **5. Mirror and check for correctness.**<br>• *"You said ..."*<br>• *"I heard you saying ..."*<br>• *"Have I heard you right?"* |
| **6. Describe your frustration.**<br>• *"I feel frustrated when you ..."*<br>• *"When you do ... I feel ..."*<br>• *"What hurts me the most is ... "*<br>• *"When this happens, I think of you ..."*<br>• *"And when this happens my feelings about you are ..."*<br>• *"I usually react ... and I do so because ..."* | **7. Just summarize by saying:**<br>• *"If I got you right, you are frustrated when I ... , is that it?"*<br>*Your partner might say:*<br>• *"Well you missed this ... and that ..."*<br>*In that case, listen and summarize the whole story again.* |
| | **8. Ask about the childhood. "How do these feelings remind you of your past experiences in your childhood?"** |
| **9. Look at your list of frustrations.**<br>• *"When I feel like that, it reminds me of ... (from your childhood)."*<br>• *"The thing that hurt me the most when I was a child was ... " "I felt ..." "I was afraid that ..."*<br>• *"To protect myself I used to ... (your typical response)."*<br>• *"What I needed the most at the time but didn't get, was ..."* | **10. Summarize**<br>• *"When you feel like ... it reminds you ..."*<br>*And then try to summarize your partner›s pain from his or her childhood.*<br>• *"Have I got it right?"*<br>*If not, let your partner correct you, and summarize again* |

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| | **11. Ask "What do you truly desire in our relationship?"** |
| **12. Tell your desire that is relevant to your frustration.**<br>• *"I just wish ..."* | **13. Mirror and at the end make a quick summary.**<br>*Validate by saying:*<br>• *"I understand."*<br>• *"I hear what you're saying."*<br>• *"Yes. Sometimes (often) I do what you're saying ..."*<br>• *"It makes sense ... because in your childhood ..."*<br>• *"Knowing this, it makes sense, that you want ... from me..."*<br>*Show empathy:*<br>• *"You must be feeling ..."*<br>• *"You deserve ... (insert your partner's deepest desire)."*<br>• *"What specifically can I do for you?"* |
| **14. State your three wishes. One of those will be your partner´s gift to you.**<br>*Example of a wish:*<br>• *Every day for the next three weeks, I want you to give me a smile the first time you see me. State all three wishes.* | **15. Mirror each of the wishes and check for correctness.** |
| | **16. Pick one wish that you intend to fulfill, and tell your partner,**<br>• *"My gift to you is ... (the one you picked)."* |
| **17. Thank your partner.**<br>• *Say "Thank you for being prepared to do this for me. It will help me overcome ... (part of the story with a relevant pain from your childhood)."* | |
| **18. " ... and this will help me cope with** *my fear of ... (that you currently have)."* | |
| **19. " ... and I hope in the future I will be able to feel ... (insert what you want to feel in the future in your relationship)."**<br>*Remember to say what feeling you DO want to have in the future and not the feeling you don't want.* | |
| | **20. Say "You're always welcome and I am happy to do this for you."** |

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