

# Gratitude Dialogue – 2023

## Sender

Shares from your heart  
your partners place there  
with love

## Receiver

Accepts by reflecting  
words and emotion sent  
fully

Begin with centering – preparing: Close your eyes, breath in for two and out for 6, centering and coming into the present with an open heart – available to stay connected and loving

1. Make an appointment: **“I would like to express a gratitude I have for you Is now a good time?”**

3. Make a clear statement. **“One thing I am grateful for being with you is ...”**

5. **“Yes, and when I experience that I feel ...”**

7. **“In my childhood this experience of \_\_\_\_\_ is (similar or different) because ...”**

2. Grant Request: **“Yes, now is good.”**

4. **Mirrors:** **“You said one thing you are grateful for being with me is ...”** (*Check for Accuracy*) **“Did I get it?”** if yes, then (*Curiosity*) **“Is there more about that?”**

6. **Mirrors:** **“And when you experience me that way you feel ...,** (*Check for Accuracy*) **“Did I get it”** if yes, then ask, **“how is that different or similar to your childhood experience?”**

8. When no more, **Summarize** (*the whole experience*) (*Check for Accuracy*) **“Did I get all of it?”**

9. **“Thanks for Sharing your gratitude with me.”**

10. Switch roles w/this line: **“What moved me about what you said was ...”**

And now, **“One thing I am grateful for being with you is ...”**



Become Sender