



TTC Video 2 : Communication



IMAGO TECHNIQUE FOR EFFECTIVE COMMUNICATION

Begin by each sharing things you love and appreciate about each other. Take it in turns, and maybe do 5 rounds of this - I appreciated you bringing me tea in bed this morning, I love how you make me laugh, I really value your ability to see the best in people, I am grateful you cooked dinner this evening (etc)

Person A begins. She/ he has 3 mins to share a niggle/ petty resentment and how it made them feel.

Once finished, Person B responds. NB- the responsibility here is not defend, counter attack, deny or agree. Simply- to say what you have heard, and check for clarification.

Person A clarifies/ adds extra as necessary.

Swap over.

Close with appreciation and words of affirmation as before.

Things to note:

- Be careful to use 'I' statements when in role of Person A ("When you did X, I felt Y" as opposed to eg "You are so X Y Z")
- Avoid generalised statements and words such as 'always' 'never'
- Make sure you keep to agreed time- and have same amount of time for each partner to speak
- Not the opportunity to go into deep things at this stage. You are learning a structure that can help clear petty resentments in a safe, manageable way at first. With practise, these tools of taking responsibility for our feelings and articulation of those feelings, as well as listening without defence or counter attack will become ingrained and familiar and immensely supportive when it comes to talking about the deeper stuff.
- A nice intention for this exercise is to have curiosity, compassion and allowing difference

Recommended Resources:

- Esther Perel Ted Talk: The Secret to Desire in Long Term Relationships
- Esther Perel's book 'Mating in Captivity'
- For more about the Imago Technique, go to <https://harvilleandhelen.com>

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