



21 Day Fast Start Challenge
For The Relationship
Of Your Dreams
Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 1

Imago Dialogue

The two distinct and active roles in the Imago Dialogue are the _____ and the _____.

Dialogue is _____ between two people.

Communication is the _____ of _____.

George Bernard Shaw said, "The thing about communication is the _____ that it has happened.

Both Sender and Receiver need to be _____
_____ to ensure accuracy in Imago Dialogue.

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21 Day Fast Start Challenge
For The Relationship
Of Your Dreams
Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 2

Communicating is the exchange of information +

Intimate communication is more about _____
_____ your partner.

Communication comes from the Latin word which means to
_____ and to _____ in _____.

The Stages of a Relationship

The First Stage of Relationships is the _____ or
_____ in _____ Stage.

_____ is the _____ of
the First Stage of the Relationship.

21 Day Fast Start Challenge



21 Day Fast Start Challenge
For The Relationship
Of Your Dreams
Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 3

The Second Stage of the Relationship is the _____
_____ or _____ stage.

It is a _____ in all intimate
relationships.

In the Second Stage of the Relationship conversations shift
from _____ to _____ of
_____.

Imago Dialogue is used to _____ to
address the daily issues and to _____
_____ to invite your partner into your internal world.

The Third Stage of the Relationship is the _____
_____ or _____.

21 Day Fast Start Challenge



21 Day Fast Start Challenge
For The Relationship
Of Your Dreams
Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 4

Day One Challenge

1. Have a 5-minute dialogue each day for the next 5 days. Ask your partner to mirror you. Use the conversation starters below. Then invite your partner to share his/her thoughts and feelings about the same topic.
2. Keep a journal of your experiences. Each day take a few moments to reflect what it was like for you to share so intimately with your partner and write a paragraph or two.
3. Share any comment or questions in the comment box below the video.

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21 Day Fast Start Challenge For The Relationship Of Your Dreams Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 5

Conversation Starters

1. Any thoughts or feelings that you were might have had during the day. "One thing that's been on my mind today is . . .
2. A wish from the bottom of my heart that I have for our relationship is . . .
3. One thing I really enjoy with you is . . .
4. One thing I would really like to explore doing with you is . . .
5. The craziest thing that I loved doing with you was when . . .
6. The most spontaneous thing I have ever done was . . .
7. The happiest times I had growing up was when . . .
8. The most challenging times I ha growing up was when . . .
9. My favorite teacher of all times is . . . because . . .
10. Sometimes it is hard to express my thoughts because . . .
11. The funniest thing that ever happened to me was . . .
12. The most humorous situation I have been in with you is . . .
13. Sometimes it is hard to express my thoughts because . . .

21 Day Fast Start Challenge



21 Day Fast Start Challenge
For The Relationship
Of Your Dreams
Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 6

14. I felt most loved by my parents when. . .
15. I regret my behavior when I. . . What that reminds me of from when I was little is. . .
16. One way I want to grow is. . .
17. What makes money important to me is. . .
18. Something I would like to experience with you again is. . .
19. Something new I would like to experience with you is. . .
20. Something I would like to do with you more often is. . .

No need to think ahead of what you want to say. Just let your thoughts flow naturally. Choose one of the conversation starters and without censoring yourself just let your thoughts flow. No need to plan ahead, just share whatever comes up. Once you have shared your thoughts and feelings about a particular subject, try adding these sentences

1. What makes this important to me is. . .
2. What this means to me is. . .
3. What this reminds me of from when I was little is. . .



21 Day Fast Start Challenge
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Action Guide

Day 1 --- The Art of Sharing Action Guide --- page 7

21 Day Fast Start Challenge

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