



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

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### Imago Dialogue

Intimate communication is more about \_\_\_\_\_  
\_\_\_\_\_ your partner.

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

### The Role of the Receiver

How you listen and reasons you listen send subtle  
\_\_\_\_\_. Usually they are \_\_\_\_\_ and  
\_\_\_\_\_ messages.

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The unintentional \_\_\_\_\_ messages carry for more  
\_\_\_\_\_ and \_\_\_\_\_ than the  
\_\_\_\_\_ messages do.

Listening in the \_\_\_\_\_ stage is more about  
\_\_\_\_\_ your \_\_\_\_\_  
partner. And it sends the message \_\_\_\_\_  
\_\_\_\_\_.

Listening in the \_\_\_\_\_ stage is  
more about \_\_\_\_\_. And it sends  
the message \_\_\_\_\_.

Intentional listening can deepen the intimacy by communicating  
to your partner:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



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Intentional listening requires making a \_\_\_\_\_  
\_\_\_\_\_ from the habitual way of listening. This takes  
\_\_\_\_\_ and \_\_\_\_\_.

Three Mental Shifts

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

To accomplish these shifts practice \_\_\_\_\_ your partner.

Remember the two all important questions

- 1. \_\_\_\_\_?
- 2. \_\_\_\_\_?



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### Day Two Challenge

1. Have a 5-minute dialogue each day for the next 5 days. Focus your intention and attention on accurately mirroring your partner. Ask your partner, “Am I getting you?” And “Is there more?” Use the conversation starters from Day One. Then invite your partner mirror you as you practice being a responsible sender.
2. Keep a journal of your experiences. Take a few moments to reflect what it was like for you to listen and mirror so intimately with your partner. Write a paragraph or two.
3. Share any comment or questions in the comment box below the video.

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