Safe Conversations Outline

Mirroring and Checking Accuracy

Receiver: Let me see if I've got that. If I did, you said . . .
Checks for accuracy: Did I get it?

Sender: *Verifies if accurate*: Yes, you got me. *Or, if not accurate, says*: Yes, and I also said . . . *Resend or modify any parts not clearly received.*

Receiver: *Expresses curiosity:* Is there more about that?

Sender: Yes, when they/you/he/she do/did that, I **feel/felt** ….

Receiver: *Mirrors:* When you experience/d that you feel/felt … a little/ quite/ very/extremely (helpless, sad, depressed, angry, confused, stressed, scared, etc.)

Checks for accuracy: Did I get that?

Expresses curiosity: Is there more about that?

Sender: *Verifies if accurate*: Yes, you got it, but there is some more about that. I also said …. or this as well ….

Validating

Receiver: *Validates.* You make sense and what makes sense is that ….
Or, I can see based on what you just told me how you'd
 feel ….

Sender: *Listens, receives, and verifies accuracy of the validation.*

Empathizing

Receiver: *Expresses empathy:* And I can imagine that when … *(this happens/ed),* you would feel (relieved, heavy, connected, afraid, empowered, etc.).

Checks for accuracy: Is that your feeling?
Checks if Sender has other feelings: Do you have other feelings?

Sender: Yes, (*or, I also feel . . . .*)

Express Gratitude and Switch Roles