

# APPRECIATION DIALOGUE

## SENDER

Ask for appointment  
Make eye contact  
Take a few deep breaths in sync

### **THEN SAY...**

- *“One thing I appreciate about you is...”*
- *“And what that makes me feel is...”*
- *“What that reminds me of when I was little is...”*

## RECEIVER

Grant appointment  
Make eye contact  
Take a few deep breaths in sync

### **LISTEN, THEN SAY...(after each statement)**

- *“Let me see if I got you. You said...”*
- *“Did I get it?” (add or correct)*
- *“Is there more about that?”*

## **SUMMARIZE**

- *“Let me see if I got all that. In summary you are saying...” “Did I get it all?”*
- *“You got it.”*
- *“Thanks for listening.”*
- *“Thanks for sharing that.”*

**END WITH 1 MIN. FULL-BODY HUG**