

# SAFE CONVERSATIONS PRACTICE: MIRRORING AN APPRECIATION

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## MAKING AN APPOINTMENT



SENDER

I would like to express an appreciation.  
Is now a good time?

I'm available now.



RECEIVER

## CONNECTING NON-VERBALLY

*Make eye contact and take three deep breaths in sync.*

## SHARING THE APPRECIATION



SENDER

One thing I appreciate about you is...

## MIRRORING AND CHECKING ACCURACY

Let me see if I've got it. You said...  
Did I get it?



RECEIVER



SENDER

Yes, you got it.  
-or-  
The part you got was... and I also said...

Is there more about that?



RECEIVER



SENDER

When you do that, I feel...  
-or-  
When I see that in you, I feel...