



## Transitioning COUPLEHOOD Graduates Into MASTERING THE MYSTERIES OF LOVE

### *Facilitator's Script*

**Preface:** Couples who attended the Couplehood program learned Imago Dialogue, a structured pattern of listening and speaking. Now that they are attending your MML program, you need to link what couples already know from Couplehood to the new RE/MML skills you will be teaching. ***The following script will help you do this:***

#### **INTRODUCING MML:**

*"MML teaches a pattern of listening and speaking that has many similarities to **Couplehood's** Imago Dialogue – and some important differences. As we go along, I'll point out those similarities and differences so you can use what you've learned in Couplehood as you learn the MML skills."*

#### **TEACHING SHOWING UNDERSTANDING SKILL:**

After teaching the Showing Understanding guidelines:

*"In **Couplehood**, as the "Receiver," you had several steps to go through:*

- *you mirrored (repeated) exactly what your partner said (called MIRRORING),*
- *you stated that what your partner said made sense (called VALIDATING),*
- *you stated the emotions your partner felt or that you imagined they felt (called EMPATHIZING)."*

#### **In MML's Showing Understanding skill,**

- *You'll name your partner's feelings, concerns, and desires instead of simply mirroring their exact words.*
- *Your partner will feel accepted and validated when you use the "I" form of Showing Understanding, putting yourself in your partner's place, and connecting with their experience.*
- *You'll empathize as you "walk in your partner's shoes" and name feelings they have either stated or that are unstated, identifying feelings you are sure your partner would agree they feel.*
- *And, by Showing Understanding beginning with "As (partner's name ), I feel, think..." you'll leave out phrases such as "I imagine that you might have felt..." You'll be more direct in MML.*

#### **TEACHING EXPRESSION SKILL:**

**Couplehood** "Sender" role is basically parallel to **MML's** Expression Skill.

- *Both use "I" messages language, encouraging you to speak from your own point of view.*
- *But **Couplehood** encourages short sentences so the listener can exactly mirror what was said.*
- *In **MML**, you'll talk as long as your partner can follow and then they'll Show Understanding.*

#### **TEACHING DISCUSSION SKILL:**

- ***Couplehood's** Imago Dialogue includes a set of steps for the Sender and Receiver (mirroring, validating, empathizing). The Receiver asked questions. There was a specific time to change roles.*
- *In **MML's** Discussion Skill, we use Expression and Showing Understanding as the two roles, and the dialogue is controlled more by you, the couple. You decide when to change roles.*
- *And, the person SHOWING UNDERSTANDING does not ask questions. Your role is to set aside your own opinions and questions for the moment and to focus on stepping into your partner's shoes—putting yourself in their place, connecting with what they're thinking and feeling. Then you speak as your partner, identifying their feelings, concerns and desires. If you do have questions, you can ask them when you're the EXPRESSER.*