

Did Dialogue Occur?

by [Al Turtle](#) on Wed 23 Mar 2005 08:36 AM PST | [Permanent Link](#)

Dialogue Test. Did it occur.		Strongly Disagree	Slightly Disagree	No opinion	Slightly Agree	Strongly Agree
		1	2	3	4	5
1	Both will report lower blood pressure or muscles relaxed during and after the conversation.					
2	Both will report feeling safe.					
3	Both will report feeling thoroughly heard.					
4	Both will report feeling understood completely, not agreed with, but understood.					
5	Both will report pleasure at the idea of another such experience.					
6	Both will report feeling supported in making their own decisions.					
7	Both will report not feeling interrupted.					
8	Both will report not feeling pushed.					
9	Both will report feeling respected.					
10	Both will report that they feel encouraged to be themselves.					
11	Both will report having plenty of time to express their points of view.					
12	Both will report feeling the situation was "fair."					

Instructions: Check your scores. Invite your partner to check their scores. Sum the total. If your score is 60, advance to heaven. If your score is over 45, congratulations that is great! If your score is 30-45, great going but keep practicing. If your score is less than 30, see an [Imago Therapist](#) for some training tools.