

Dialogue – “The Cliff Notes”

“Thinking Together”

“Conscious Collective Mindfulness”

“A Conversation with a Center, Not Sides”

Dialogue Is:

- Engagement
- Respect
- Awareness
- Listening with Curiosity / Naiveté / Humility
- Disclosure – Assumptions, Fears,
- Presence / Mindfulness / The Now
- Deep Listening
- Acknowledging / Understanding
- Slow – Space between thoughts – Silence
- Reflexive -- Thinking about your thinking – talking about your thinking – talking about our thinking –
- Courageous
- The group is the “leader”

Acknowledging:

- I hear you saying....., is that right?
- Is what you mean.....?
- My understanding is.....
- Nodding....

Gaining Understanding:

- Use Open-ended questions, i.e.:
 - What does that mean to you?
 - How do you feel in that situation?
 - Where would you like to go with that thought...?
 - Tell me more about that....
 - What else.....?
- Avoid Closed-end questions:
 - Did, do, are, have, will - (yes or no answers limit information)
- Avoid “Why”; -- it can feel like a judgment

Dialogue Is Not:

- Judgments
- Opinions
- Bias
- Positions
- Certainty
- Advocacy
- Agendas
- Purpose
- “Helping” - Suggestions
- Solutions / fixing
- Conclusions
- Agreements
- Debate
- Negotiation
- Guided discussion - meeting
- T-Group, Group Therapy
- Your “life story”
- “Group-Think”
- Mindless communication, impulse, reaction,

Potential for Personal/Corporate:

- Relationship building
- Intimacy
- Synergy
- Compassion
- Inspiration
- Teamwork
- Innovation, etc.

References: Bohm, David, On Dialogue
Isaacs, William, Dialogue: The Art of Thinking Together

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A few quotes and thoughts:

Suspending Assumptions – “To hang them out in front” So you and others can see them

“What is needed is a means by which we can slow down the process of thought, to be able to observe it while it is actually occurring.”

“Dialogue is not concerned with deliberately trying to alter behavior... but changes do occur, because observed thought behaves differently from un-observed thought.”

“The actual process of exploration takes place during listening – not only to others, but to oneself.”

“Listening is often more important than speaking. Often quieter participants will begin to speak more as they become familiar with the Dialogue experience, and more dominant individuals will find themselves tending to speak less and listen more”

“This is an Evolution – even the frustrations or “failures” are opportunities for Dialogue...”

Ask, “where am I listening from?” -- May be “from” your predispositions – which may have formed the “cast net” of your thought -- acknowledge this, speak about it...

A “disturbance” may derail your focus... follow the disturbance... Name the dilemmas

Feeling lost?; “stand still”

Zulu salutation and farewell: “**Sawu Bona**” – meaning “I See You”