

Prepare an Authentic Dialogue

1

Context

Briefly describe the situation

2

Intention

Why is it important to me to start this dialogue?

3

Judgements

Recognize and name all your blames, criticisms, and thoughts *(as they relate to the situation)*

Against myself	Against the other
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

4

Empathy for myself

What feelings/needs are alive for me?

Feelings	Needs
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
In this moment, what is most alive is...	
<hr/>	<hr/>

No wonder I feel

I so need

5

Empathy for the other?

Imagine, what feelings/needs could be alive for the other?

Feelings	Needs
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
In this moment, what is most alive is...	
<hr/>	<hr/>

Do you feel

because you need

_____?

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6

Observation

What are the objective facts that triggered me in this situation?

The one that is most alive for me: _____

7

Request

Prepare my requests linked to the need(s)

Request to myself	
Request to others	
Request to the other	

8

Engage in the dialogue

Prepare your first sentence in relation to the elements previously identified.

Observation	<i>When I see, I hear, I observe, I imagine...</i>
Feeling	<i>I feel...</i>
Need	<i>because I need...</i>
Request for connection	<i>How do you feel in hearing me say that?</i>
	- or -
Request for reformulation	<i>Would you be willing to share what you have understood?</i>