

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/>

<p>No wonder I feel</p> <hr/> <p>I so need</p> <hr/>
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5

Request

Prepare my requests linked to the need(s)

Request to myself:
<hr/>
<hr/>
<hr/>

Request to others:
<hr/>
<hr/>
<hr/>

6

Empathy for the other?

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

Feelings	Needs
In this moment, what is most alive is...	

Do you feel

because you need

_____?

7

Observation

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

The one that is most alive for me: _____

8

Possible request to the other:

1.
2.
3.
4.

Engage in the dialogue

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

Intention	<i>I would like to talk to you about this because... (Talk about us)</i>
Observation	<i>When I see, I hear, I observe, I imagine...</i>
Feeling	<i>I feel...</i>
Feeling	<i>because I need... / I value / I dream of...</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>
- or -	
Request for action	<i>Would you be willing to...?</i>