Principles for Practicing Mindful Dialogue\*

1. **Intention to learn from others and yourself**

* Seek to know and understand others from their perspective
* Practice being open to learning from others, and yourself, whether the outcome is bitter or sweet.
* Practice finding the questions to your answers.
* Practice paraphrasing and questioning others’ messages to confirm and deepen your understanding.

*Obstacle ~ Getting caught in lecturing, posturing, persuading, advice giving, rejecting, etc.*

*Obstacle ~ Waiting for your turn to interrupt.*

1. **Intention to be of benefit to others**

* Seek to understand others from their perspective for purpose of reflecting on what will benefit them
* Practice asking what would be of benefit to others? E.g. what would you like me to know right now?

*Obstacle ~ Ventilating, lecturing, posturing, persuading, advice-giving, rejecting, etc.*

*Obstacle ~ Assuming you know the other and that you know what is best.*

1. **Seek to be a clean mirror**

* Practice acknowledging your own mental models and identities.
* Practice acknowledging the impact of your mental models and identities on your perception and interpretation of people, messages, and events.
* Practice acknowledging your emotional responses.

*Obstacle ~ Ignoring or denying your own mental models, emotional responses, bias, etc.*

*Obstacle ~ Ignoring or rejecting the expressed experiences of the others.*

*Obstacle ~ Pressuring another to change their interpretation, advice-giving*

1. **Listen to yourself and other**

* Practice being mindful of where you are placing your focus and attention.
* Practice inquiring into what you are receiving and sending.
* Practice listening to the whole person, not just one aspect of the message.

*Obstacle ~ Waiting for your turn to interrupt*

*Obstacle ~ Automatically rejecting or embracing your own or others’ messages as good/bad/right/wrong*

# Obstacle ~Listening to only one aspect of the message

*Obstacle ~ Spacing out*

1. **Let speech be concise and reflect your truth**

* Practice being concise
* Seek to share the speaking time.
* Seek to reflect the truth of your experience, as you presently know it, and speak from that place.

*Obstacle ~ monopolizing speaking space or ventilating without reflection*

# Obstacle ~ getting sidetracked, speaking on unrelated issues

1. **Let speech emerge out of silence**

* Seek to receive other’s messages ~ let them soak before speaking
* Practice responding out of silence.
* Be open to letting the spirit of the dialogue flow

*Obstacle* ~ *Fear of silence*

*Obstacle ~ Spacing out*