

DIALOGUE LAB

MY COMMITMENTS

1. SEEK THE STORY BEHIND THE POSITION.

2. BE A JOURNALIST.

“Why?”

“Tell me more.”

“What I heard you say is...”

“Can you unpack that a little more?”

“How has this impacted you?”

3. RECOGNIZE AREAS OF COMMON GROUND.

4. REMEMBER THE GROUND RULES:

Suspend judgement

Be respectful

Actively listen

Make “I” statements

Avoid direct rebuttals

Notice the details

Remain open

Stay in the moment