### Dialogue Facts

<table>
<thead>
<tr>
<th>Active Ingredient (with each conversation)</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprioception of thought and emotion 2mg</td>
<td>Thinking before you speak</td>
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</tbody>
</table>

### Uses
Prepares people for productive engagement with an increasingly connected and diverse global society where cross-cultural expertise is more crucial than ever before by building:

- Non-violent communication skills
- Values congruence
- Emotional intelligence
- Critical thinking skills
- Perspectival dualism
- Multicultural competence
- Social consciousness
- Comfort with ambiguity

### Warnings
When using this product...

- You may feel awkward and vulnerable
- Shallow conversations may become unpalatable
- Personal connections with others will increase substantially
- Be careful of power dynamics and taking up space
- Disagreement and conflict will occur

### Directions
Adults and children 12 years and over:

- Suspend judgments by reflecting on what and why you think the way that you do
- Identify assumptions; make the strange familiar and the familiar strange
- Listen deeply, restate understandings
- Value awareness, personal growth, and change as outcomes of the dialogue process
- Acknowledge and support the personal while illuminating the systemic