

Dialogue

EXTRA-STRENGTH

Dialogue Facts

Active Ingredient (with each conversation)

Purpose

Proprioception of thought and emotion 2mg Thinking before you speak

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
- Comfort zones, learning edges, and triggers will become more apparent
- 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
- Listen deeply, restate understandings, and ask questions
- Identify assumptions; make the strange familiar and the familiar strange
- Value awareness, personal growth, and change as outcomes of the dialogue process
- Acknowledge and support the personal while illuminating the systemic

[adapted from Bohm, David. (1996). *On Dialogue*. London: Routledge.]

your voice.



your choice.



For more information visit:
www.macalester.edu/morethanwords

