

POWER OF DIALOGUE

STAY FOCUSED

What do I really want for myself?
What do I want for the others?
What do I want for this relationship?
How would I behave if I really wanted these results?

PAY ATTENTION

What are the conditions?
Who's in silence or violence?
What does this tell me?

KEEP SAFETY FIRST

What's at risk?
What's the next step?

COOL IT DOWN

What's the story I'm telling myself?
Am I pretending not to notice my role?
Why would a reasonable, rational, decent person do this?
What do I really want for me? others? the relationship?