

Some Basic Language of Dialogue

Asking for an Appointment:

*I have something I'd like to dialogue with you about. Are you available?
The topic is...*

*"I'm not available for a dialogue now" or
"I'm not in a place where I could do dialogue. Could we do it at ... (time – ASAP)?"*

Stating Your Positive Intention:

*"My intention is to stay in this dialogue until we both feel understood."
"I intend to really listen to you, to understand your point of view."
"I want you to know I'm bringing up this subject because I care about you and our relationship."
"I am committed to making this dialogue safe for both of us."
"It is my intention to get you a good place where we feel connected and close."
"I really want to find a win/win solution for us."
"I commit myself to listening to you with an open heart and mind."*

When Mirroring (Paraphrasing):

*"Let me see if I got it right. I heard you say..."
"Did I get it right?" "Was that what you meant?" "Is there more?"*

When Validating:

*"What makes sense to me is..."(about your thinking and your logic)
"I can understand that since...is true, then you would need (or want or think or etc.)"*

When Being Empathic:

*"Given what you've said, I can imagine you're feeling..."
"Do I understand you accurately? Is that what you're feeling?"*