

Real Dialogue
The Skill: Volume 1
Speaking for Yourself

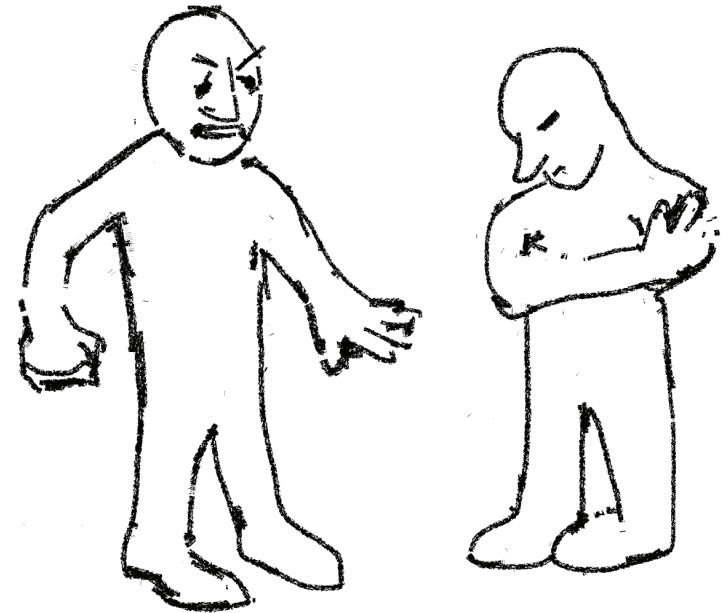
Polly Young-Eisendrath, Ph.D.



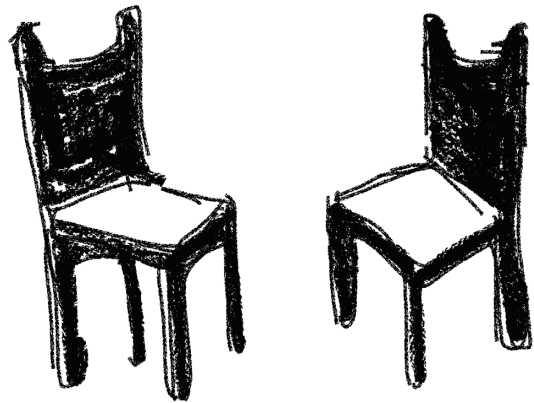
Do you sometimes feel like you want to run out of the room or just scream when you've repeatedly said the same thing, clearly and slowly, to someone you want to influence (maybe someone you're supposed to love or believe in) and they JUST DON'T GET IT???

You need the skill of Real Dialogue to help you maintain a mindful space for give & take

during times of emotional threat, stress, and perceived offense.



Real Dialogue is a skill that comes originally from Dialogue Therapy, developed to help couples deal with repetitive conflicts.



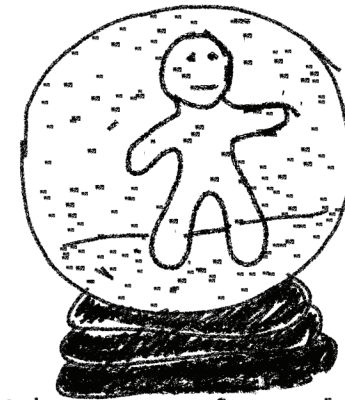
Open for All

Now it is available to all to use in negotiations and conflicts of opposing sides.



Real Dialogue counteracts our natural tendencies to defend ourselves by habitually avoiding conflict or dehumanizing someone else.

Real Dialogue gives us an alternative to feeling unseen and unknown when we are in states of conflict, emotional agitation, deep disagreement, or irritation. Through it, we can reach lasting solutions to our problems by drawing on both sides and making new discoveries, even WHILE STILL DISAGREEING. Our conflicts become useful.



Snow globe of Being Human

Real Dialogue allows people on different sides, each with legitimate perceptions and authentic points of view, to find a mindful space even if they profoundly disagree and are in emotional pain.

Maybe you are wondering:

“WHY, WHY, WHY do good people get into such hateful polarizations?? Why do family members, co-workers, and partners scape-goat each other and create enemies? WHAT IS WRONG?”

EACH OF US IS TRAPPED IN A SNOW GLOBE!
Because we are each in our own snow globe of subjectivity we see, hear, and feel things VERY differently. When you have two people, you have two WORLDS.

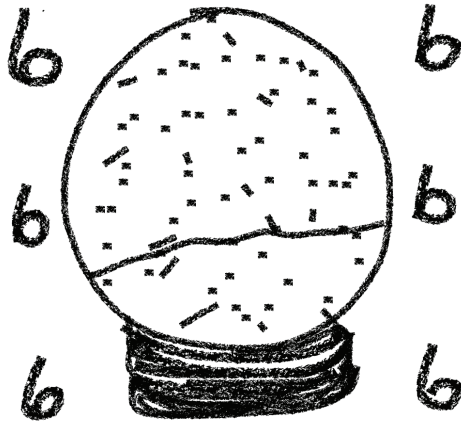
Especially when we feel emotionally threatened because someone who is important to us, or someone who has power over us, JUST DOESN'T GET WHAT WE MEAN: our snow globe gets shaken up and we pay attention to the storm inside. In place of listening, we start rehearsing our own speeches. We can't seem to tolerate what the other person is saying and that's when the storm inside overtakes our eyes, our ears, and our not-ever-very-accurate ability to witness.

Instead, Real Dialogue teaches us that we have to S-L-O-W DOWN ALL OF OUR FACULTIES so that we can speak for ourselves (modestly, subjectively, not shaming/blaming) and check on what we have heard from the other person to see if we have listened to



anything other than the voice in our own head.

Instead of slowing down, though, we naturally speed up to defend our own reality. Of course we do, because the stakes are high when we are in a conflict with someone who is important to us. Real Dialogue teaches us first about our subjective



life and its complex snow globe of six competing realities:

1. **Hearing Out** (sounds and voices outside body)
2. **Hearing In** (sounds and voices inside our head)
3. **Seeing Out** (images and colors and light outside)
4. **Seeing In** (images and colors in the mind's eye)
5. **Feeling Out** (sensations of body and surroundings)
6. **Feeling In** (sensations of emotions in body)

Each human snow globe is a busy place especially when it needs defending, protecting, or promoting.

When two snow globes are shaken up and each human is trying to respond “objectively” and to “find the truth of the matter,” there will be a fierce and dangerous tangle of subjectivities.

To begin disentangling, the First Rule of Real Dialogue is “speak for yourself.” This means much more than using “I-statements.” It means recognizing that you are in your OWN snow globe and NO ONE outside “makes you feel” the way you feel, unless they are physically harming you. There are some rigid perceptual and emotional habits in your snow globe that were laid down to protect you in your early life. You respond by old habits when you feel threatened. No one else is making that happen.

Real Dialogue requires that you vow to speak for yourself subjectively – such as “It’s my impression, my opinion, my memory...” and stay away from ANY objective statements such as “It was July 3rd when” or “Your mother called us before...” or “The facts are” or many other statements that derail the issues being talked about and take us into endless searches for “evidence” about who is “right” and who is “wrong.” With few exceptions (you were videotaped?) the evidence does not exist.

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