



The Dialogue Practice

ListenFully Coaching is committed to evolving the emotional prowess of ourselves and our clients. We believe that to really access what matters most to us, in order to have a deep relationship with source (whatever that is for you) and in order to have a deep intimate relationship with those we choose, we must be savvy with our emotions. It's one thing to take check of our current capacity to navigate our emotions (Emotional Intelligence), it is quite another to grow our ability to navigate the entire human emotional tapestry. We call this growing our "Emotional Literacy." The Dialogue Practice is one method we use to grow emotionally or expand our *Emotional Literacy*.

The Steps of the Dialogue Practice

1. **Practice stating a complaint** about your partner, to yourself or someone else, to distill the entire experience down to a sentence or two.
2. **State that complaint** to your partner.
3. As **the listener mirrors the complaint back** to you, observe whether they are truly matching your experience emotionally, capturing your quality of speech, mannerisms, etc. (If not repeat the complaint without reproach).
4. Begin using the **sentence stem "How that makes me feel is..."** and finish the statement with one word/emotion. Repeat many times until there is nothing else.
5. State the next sentence stem repeatedly... **"What scares me about this is..."** and finish the statement with a brief description of your fears. Repeat many times until there is nothing else, recalling as many fears as needed to have the complaint link back to a similar originating emotional experience.
6. **Discuss the connections** you're seeing with your partner.
7. **Experience the full emotions** for 90 seconds to defuse their intensity.
8. **Say anything else** you need to say to be at peace.
9. **Move about**, drink some water, maybe even switch seats.
10. **Switch speaker**/listener role and repeat all.



The mechanics of the Dialogue Practice

- **Complaining powerfully with absolutisms** – While in day-to-day communications the use of absolutisms is not considered effective communication, the use of absolutisms as an exercise is very effective in bringing up the emotion(s) associated with the originating incident (the circumstance, or the source of this emotional wound). What is an absolutism?
 - An absolutism is a little “catchphrase” we find ourselves using that begin with such words as, “You always,” “You never,” “Every time you ____ I ____,” etc.
- **Mirroring** – Say back what the speaker has said without adding anything or leaving anything out. Listen for what’s present (beliefs, commitments or emotions) that they are not giving words to directly and say that too.
- **Empathy** – Be sure to investigate your own past as your partner is creating their upset and identify the closest circumstances/emotions from your own past that mirrors their incident. Do this with each & every emotion they identify.
- **Connecting to the past** – We practice that anything that upsets us in present time is directly related to an unhealed childhood wound.
- **For listeners** – As the speaker identifies “what scares me about ____ in our relationship,” multiple times, the originating incident will reveal itself.
- **For speakers** – As you state your fears reach for the connection to an earlier incident in your life that is being mirrored by the current upset. Bridge the current circumstance to your childhood.