Appendix D:
Sharing a Current Need and/or Past Challenge
Dialogue Guide

This Dialogue Guide uses all six steps of the Structured Dialogue to help dialoguers elevate their practice of Awareness, by learning how they can meet each other's needs.
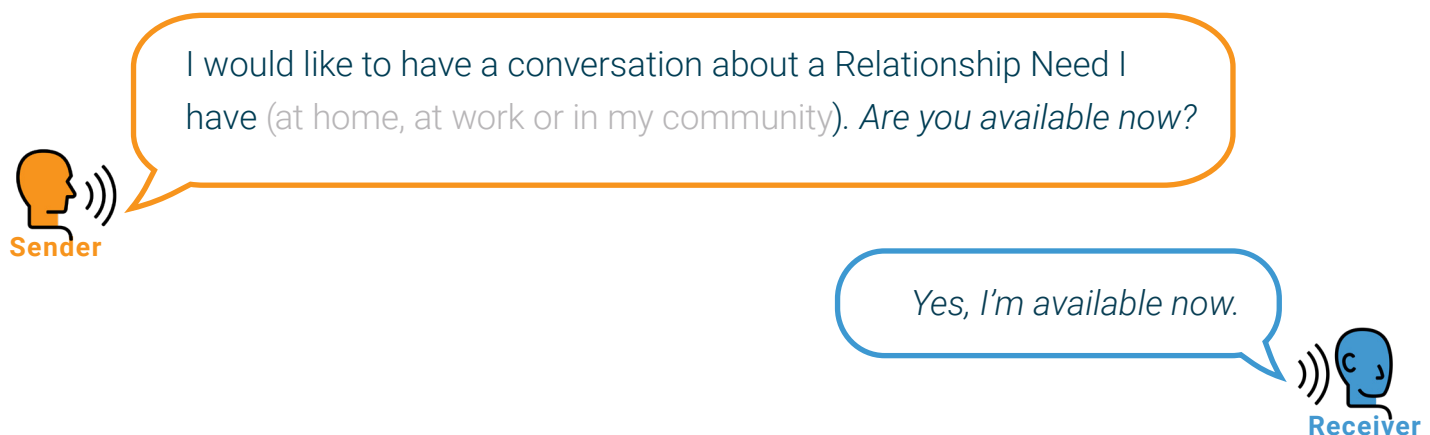
The prompts listed below will first direct the sender to share an Appreciation (as an initial connecting activity). Next, the sender will share a current need, connect that need to a past challenge, and share the coping behaviors they've adopted. Then, the sender will share how their need can be met.

This exercise helps reduce frustrations, eliminate misunderstandings, and elevate empathy anytime unmet needs, past challenges, or different coping strategies trigger conflict. Dialoguers can also use this activity to deepen connection, and reduce the likelihood of future conflict related to unmet needs and past triggers.

Instructions: Follow the prompts exactly as they are listed below.

The person initiating the conversation and sharing the need, past challenge, etc. the **orange bubble** prompts aligned to the left labeled **Sender**.

The person listening, Mirroring, Summarizing, Validating, and Empathizing will follow all the **blue bubble** prompts aligned to the right labeled **Receiver.**

1 - MAKE APPOINTMENT

Sender: I would like to have a conversation about a Relationship Need I have (at home, at work or in my community). *Are you available now?*

Receiver: *Yes, I'm available now.*

Connect Non-Verbally: Make eye contact and take a breath before beginning the dialogue.

2 - SHARE & MIRROR

Sender: *Before I start, I would like to share an appreciation. I appreciate that you _____ (something special or important about the Receiver).*

Note to the Receiver:
If at any point in the Dialogue you get overloaded, raise your hand and say: "Let me try to Mirror you back so far."

Mirrors

Receiver: *Let me see if I got it. You appreciate that I ____.*

Checks for Accuracy

Receiver: *Did I get it?*

Verifies Accuracy

Sender: *Yes, you got it.*

Receiver: *Thanks for sharing that.*

Sender: *Thanks for receiving it.*

Shares Relationship Need

Now I'd like to tell you about a relationship need I have (at home, at work or in my community).
This need is ___ (See Module 4).

Sender

Mirrors the Need

Let me see if I've got it. You shared that the Relationship Need you have (at home, at work or in your community) *is ___.*

Receiver

Checks for Accuracy

Did I get it?

Receiver

Verifies Accuracy

Yes, you got it.
- or -
Yes, and I also said ___.

Sender

Shows Curiosity

Is there more you'd like to say about this Relationship Need?

Receiver

Receiver continues mirroring, checking for accuracy, and asking "Is there more?" until the Sender is ready to move on.

Connect Current Need to Past Experience

This Relationship Need reminds me of a challenge I had in my past (recent or distant) *which is ___* (See Module 4).

Sender

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Mirrors

Let me see if I've got it. The Relationship Need you have reminds you of a past challenge which is ____.

Receiver

Checks for Accuracy

Did I get it?

Receiver

Verifies Accuracy

Yes, you got it.

- or -

Yes, and I also said ____.

Sender

Shows Curiosity

Is there more about that?

Receiver

Receiver continues Mirroring, checking for accuracy, and asking *"Is there more?"* until the Sender says: "There is no more."
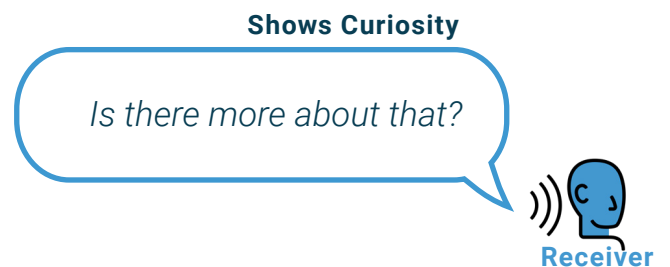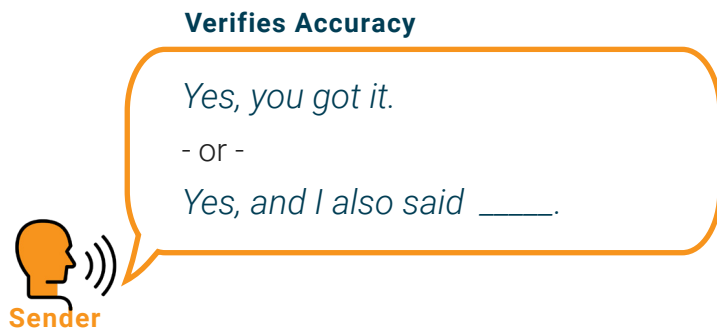
Shares Coping Strategy

When I remember this, it makes me feel ____, and I respond as a Maximizer − or − Minimizer by doing ____.
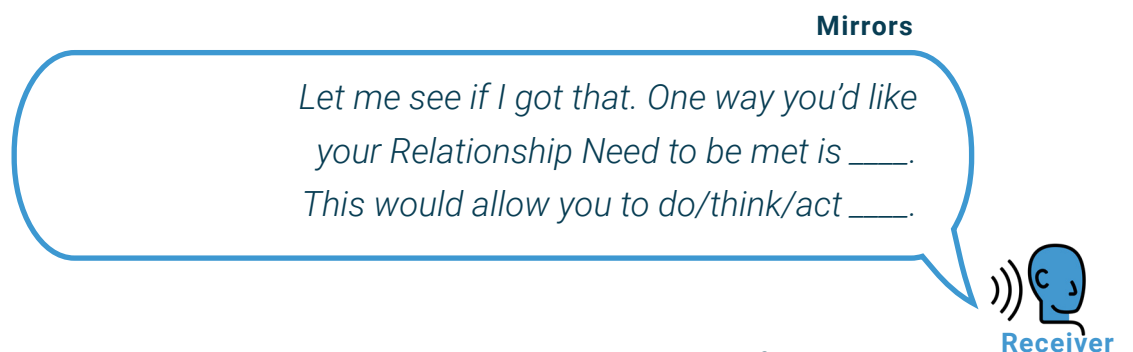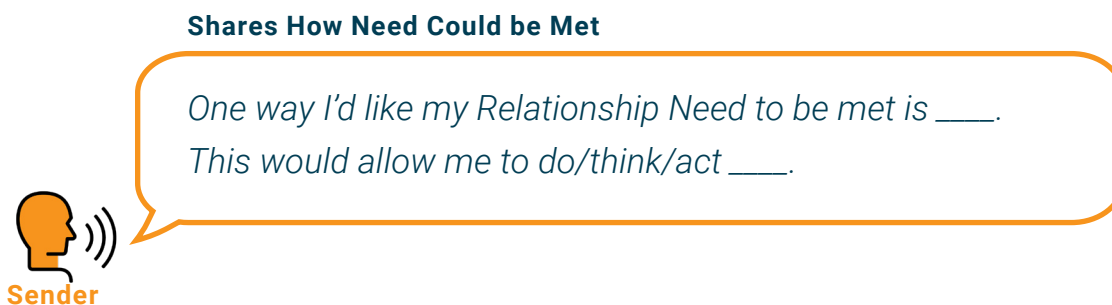
Sender

Mirrors

Let me see if I've got that. When you remember this past challenge, you feel ____, and you respond as a Maximizer − or − Minimizer by doing ____.

Receiver

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Checks for Accuracy

Did I get it?

Receiver

Verifies Accuracy

Yes, you got it.

- or -

Yes, and I also said _____.

Sender

Shows Curiosity

Is there more about that?

Receiver

Receiver continues Mirroring, checking for accuracy, and asking *"Is there more?"* until the Sender says: "There is no more."

Shares How Need Could be Met

One way I'd like my Relationship Need to be met is ____.
This would allow me to do/think/act ____.

Sender

Mirrors

Let me see if I got that. One way you'd like your Relationship Need to be met is ____. This would allow you to do/think/act ____.

Receiver

Checks for Accuracy

Did I get it?

Receiver

Verifies Accuracy

Yes, you got it.

- or -

Yes, and I also said _____.

Sender

Shows Curiosity

Is there more about that?

Receiver

Receiver continues Mirroring, checking for accuracy, and asking *"Is there more?"* until the Sender says: "There is no more."

3 - SUMMARIZE

Let me see if I got all of that. You are experiencing a need in your relationships (at home, work on in community) *which is _____.*

This Relationship Need reminds you of ___ (challenge in the past).
It makes you feel ___, and you respond as a Maximizer − or − Minimizer by doing ___.

One way you'd like your Relationship Need to be met is ___.
This would allow you to do/think/act ___.

Receiver

Checks for Accuracy

Did I get it all?

Receiver

Verifies Accuracy

Yes, you got it.

- or -

Yes, and I also said _____.

Sender

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4 - VALIDATE

You make sense!
What makes sense is that your Relationship Need, which is ____,
reminds you of ____. And it makes sense that this memory
causes you to Maximize or Minimize by doing ____.

Receiver

Checks for Accuracy

Is that a good validation?

Receiver

5 - EMPATHIZE

Expresses Empathy

I can imagine that if your Relationship Need, which is _____,
was met by _____ (new actions or behaviors), you would
feel _____ (glad, happy, fulfilled joyful, etc).

Receiver

Checks for Accuracy

Is that your feeling?
Are there other feelings?

Receiver

Verifies Accuracy

Yes.
- or -
Yes, I'd also feel.

Sender

6 - CLOSE

Thank you for sharing all that with me.

Receiver

Thank you for listening.

Sender
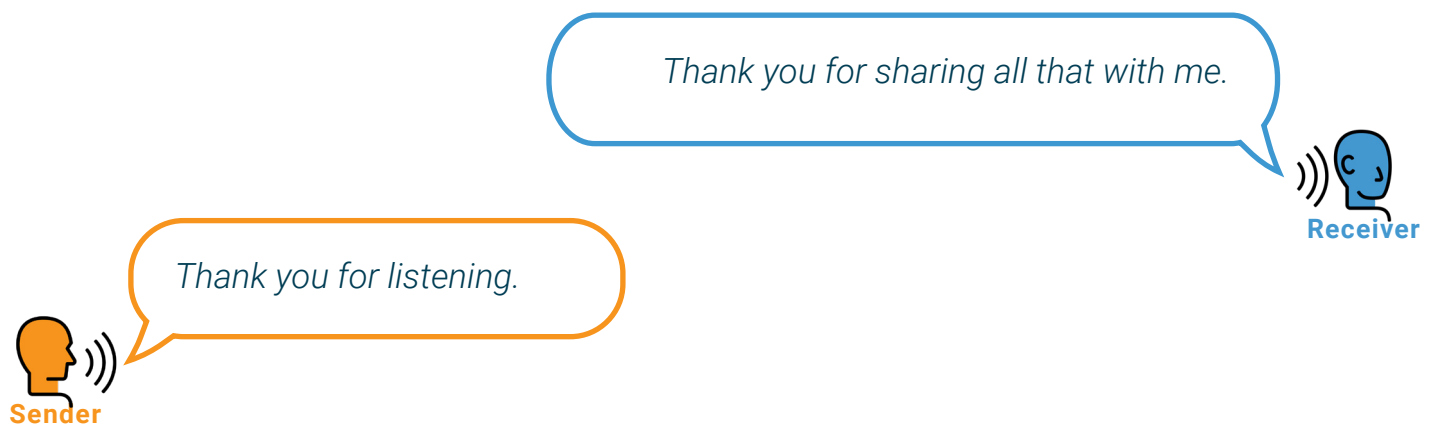
Give each other a handshake or high five.

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