

# From diatribe to dialogue – part 2 Core characteristics



In part 1 I looked at the 4D's – Diatribe, Debate, Discussion and Dialogue

In part 2 I will look at five core characteristics that you need to develop to help you on your journey to dialogue

## **Openness**

This is the willingness to let go of certainty and hear other perspectives; this requires questioning your own basic assumptions about the way things are and how things work

A Key question to ask yourself is, what leads me to see this situation as I do? What other perspectives might I need to be open to?

## **Authenticity**

This is showing up as your full self; this means cultivating and speaking your own perspective while also being open to others' perspectives and the new possibilities that are unfolding

A Key question to ask yourself is, what needs to be said about this situation or problem?

## **Self-accountability**

This is being responsible for how you articulate your perspective and its impact on others; it requires being aware of the impact your perspective may have and taking appropriate action to engage others in a mature manner.

A Key question to ask yourself is, am I being responsible for my impact?

### **Mindfulness**

This is being present to the conversation that is unfolding, rather than sticking to old “scripts” or conflicts from the past; this means listening to what another person is saying, rather than rehearsing (in your mind) your rebuttal or counter arguments

A Key question to ask yourself is, what themes or patterns are underneath and within what is being said?

### **Coherence**

This is being able to bring together different perspectives so that the whole can be understood; this means creating of a holistic view from multiple perspectives

A Key question to ask yourself is, what collective is emerging from our individual views?

In part 3 I will look at some questions to ask yourself about your attitude, how you are listening and how you are responding