

# Reflections: Am I in Dialogue?

## Maybe In Dialogue

- Do my comments acknowledge and build on those of the person who spoke before me?
- Do I notice an assumption that I have about a topic and make it known before I speak?
- Am I willing to speak to the “center” of the circle rather than focusing on an individual?
- Am I finding “my voice” and choosing words thoughtfully;
- Can I admit that something I want to say may simply be “shining the light on myself” and decide to skip it?
- Do I welcome silence as an opportunity to listen... to myself?
- Do I notice times when my adding something more on a topic just isn’t necessary?
- Am I willing to believe that what I hear may be more important than what I have to say?
- Am I feeling an easy flow of communication with space between thoughts?
- Can I sense the feelings beneath the words being spoken?

## Maybe Not In Dialogue

- Do I choose to speak quickly in order to say all that I want?
- Am I feeling the need to tell “my story” as way of being known in the group?
- Must I offer a solution to another member’s issue during the session?
- Am I aware that my comments run on at some length?
- Do my questions of another begin to feel like an interview?
- Do I know that I present several different thoughts at a time?
- Am I waiting for the right opening to offer powerful insights?
- Do I suggest a collective action which I feel the group needs?
- When there is quiet, do I take that chance to insert my additional thoughts?
- Do I feel the need to “speak for the group” on an issue?
- Does a fast-paced exchange with a few members feel energizing to me?