# Guidelines for Dialogue, Listening, & Sharing

* *Respect*: listen to, and respect, all points of view.
* *Listen*: listen to understand, not respond or react.
* *Curiosity*: seek to understand, not persuade.
* *Sincerity*: speak about what has personal meaning.
* *Honesty*: go for honesty, but make sure others are heard.
* *Discovery*: question old assumptions, look for new and shared.
* *Messy*: expect honest conversation and sharing to be messy at times.
* *Honor confidentiality*: personal stories stay with the group; ask permission to speak with others about individuals’ stories.
* *Use “I” language* at all times.
* *Speak from (not for)* your faith tradition
* Always *ask curious questions*.
* Remember that “*I don’t know*” can be a great answer.
* Use “*Oops!*” when you’ve said something that could be misinterpreted or hurtful.
* Use “*Ouch!*” when you feel hurt or offended.
* Use “*Wow!*” when something someone said is awesome, insightful, deeply honest, et cetera.