

Queries for Witnesses

- Do I respect that it is a real gift and honour to be allowed to witness?
- Do I understand how important my loving witness can be, even if it is totally wordless?
- Do I use my witness to gain perspective on my own relationship, and learn what works well and what does not?
- What did I learn from this dialogue that might be valuable in my own relationship?
- What did I notice that went well in this dialogue?
- What can I suggest that might be helpful?
- Am I able to offer suggestions about process with caution and respect?
- Do I avoid giving advice about content?
- Do I respect confidentiality?

Queries for Listeners and Speakers:

- Ideally, in terms of how our relationship can benefit, and practically, given time and energy constraints, how often would we dialogue?
- How will we make that commitment for our relationship?
- How will we check in to see how that commitment is working?
- Do we express a willingness to take the time necessary, even if it means multiple dialogues on one line of exploration?

Queries for Listeners:

- Do I lay aside my own inner talk?
- Do I maintain eye contact and physical contact?
- Do I merely observe my partner and step aside from my own emotional reactions to what I am hearing?
- Do I notice my own physiological responses to what I am hearing?
- Do I notice when I lose my ability to really listen?
- Am I curious about my partner's experience, without try to prove anything?
- Do I assume I don't know where my partner is coming from, rather than that I do?

Queries for Speaker:

- Do I honestly discern what my real intent is in what I am saying, being aware when my intent is to blame or prove myself right?
- Do I speak in digestible chunks?
- Do I notice when my partner is becoming overwhelmed?
- Do I own what is simply my story, rather than presenting it as objective truth?
- Do I strive to honestly share my perspective and inner experience, with curiosity and lack of judgment?