Arleen Maiorano, LCSW, LP

The case for a protocol for healthy dialogue goes back to the beginning of time, when Hillel the elder first asked a question that is a dilemma for all of mankind. The fact that this question was posed so early in 100BC, has always been a matter of fascination for me:

Hillel the Elder, 100BC:

If I’m not for myself, who will be?

If I’m not for others, what am I?  
If not now, when?

Martin Buber, 1923:

All real living is meeting.

If I face a human being as my *Thou*, and say the primary word *I–Thou* to him,

he is not a thing among things, and does not consist of things.

Fritz Perls, Ego, Hunger, and Aggression, 1942  
The focus of Gestalt therapy is on relationships—relationships with the world, with other people, and with oneself. Key components of the approach include the importance of awareness, when all current senses and behaviors emerge in the present moment, influencing the interconnection of the individual and his/her surroundings.

Yvonne Agazarian, Systeim of Analyzing Verbal Interaction, 1960’s

Red Language: Fight, Attack Blame, Obscure, Compete

Yellow Language: Get Personal and Factual Information. Be Curious about the Other.

Green: Resonate, Share Feelings Respond, Integrate

Harville Hendrix, 1988:

Imago Dialogue, from Conflict to Hope

4 Steps:

Mirroring: Reflect back the content of your partner’s message

Validation: Accept your partner’s point of view, his/her truth, even if you don’t agree

Empathy: Try to recognize and experience the emotions of your partner, to genuinely “meet.”

Gift: Try to find a Measurable, Attainable way to meet your partner’s need.

Marshal Rosenbert, 2003:

Nonviolent Communication: A Language of Life

4 Steps:

Share Observations

Share Feelings

State Needs

Make Requests