Using Restorative Dialogue in Your Life

Identify a situation in your life that you think could benefit from restorative dialogue.

This could be at home with your partner, or children, or parents, or siblings. It could be in your workplace with a coworker or a group of coworkers. Or it could be in your neighborhood or faith community.

Then identify what specifically you will do.

- Will you try to resolve this yourself using the principles and techniques of restorative dialogue or will you engage a facilitator? If a facilitator, who will you choose and why?

- Identify what should be done to prepare the parties beforehand. For your part in the conflict, identify what your perspective is, and how the conflict has impacted you. Identify where you would feel comfortable meeting, and when, and how you would like the room arranged.

- Consider how you would prepare yourself for the meeting. Whether you are facilitating or participating, identify what you could do to prepare for an open and helpful meeting. How can you center yourself to be able to listen deeply and non-judgmentally?

- Explore how to open the meeting. Identify a comfortable way to open. If you are facilitating, ask others what they would like.

- Identify what you can do during the meeting. How can you create a safe place for all participants and promote connection? What would help evoke a spirit of humility and compassion for all present and a focus on listening, not fixing?