

Brave & Loving Conversations

Tools for Dialogue in
Hard Times

**Beloved Community -
Mountain Sky Conference Resiliency
Program for Building Healthy
Congregations & Communities
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Inviting and understanding each other's story - even that "difficult person"

- Shallow based community
- Fear based community
- **Deep Community** -bringing a compassionate presence - living God's love - by listening to someone's story on really matters to them & learning to express your own story in a way that other's can receive you

* Paul Born's work

Courage & Renewal
Touchstones® ~
Conversational
Guidelines on how to
be with each other

Creating Brave & Trustworthy Space to be authentic

What creates a brave and
trustworthy space for you
to be real and honest
in a group?

Extend
and
Receive
Welcome

Be Present
as fully as
possible

This is
invitational work
- no participation
demands

Speak your truth
in ways that
respect other
people's truth

No fixing,
changing,
saving, advising
or correcting

Honest, Open
Questions - can't
possible
anticipate the
answer

When the going
gets rough,
turn to
wonder

Attend to your
own inner
teacher - a Spark
of the Divine

Calling in
instead of
calling
someone out

Take risks,
make mistakes,
learn and
keep going

Trust & learn
from the
stillness

Observe
deep
confidentiality

Let the beauty
we love be
what we do

Causal

Dialogue

Debate

Deliberation



Dialogue - get to know someone + build relational trust - connective tissue of our congregational family + compassionate presence + take turns talking & listening

Private & Public Healing -
a new partnership
paradigm for healing
“within our tribe” and
with our surrounding
neighborhood/community

Courage & Renewal and Nonviolent Communication Principles & Practices - a quality of connection

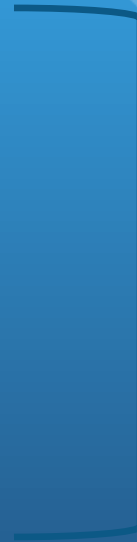


internal
relational
collective

Standing in the Tragic Gap -



where we are
now



where we
hope to be

Learning how to hold tensions in life giving ways

Empathetic Presence

- Nonblameful engagement: speaking the truth with love
- How do we confront without judgment?
- Bring caring, respectful ways to our conflict/difficult conversations - changes the quality of conversation
- Honesty is not about communicating what you THINK of them but rather expressing what matters to you based on your internal change towards needs/values/longings
- Living into God's love by living our love with our words and actions
- “Gospel of Nice” “The end justifies the means”

Needs/values/longings

- Universal - everyone has needs (not Maslow)
- Everything we do is an attempt to meet a need
- A way to experience a fullness of beauty of the need - a doorway into God's love - a Spark of the Divine> has an energetic feel.
- Needs are different than the strategies we use to meet a need - all of our conflicts are about the strategies as our needs are never in conflict
- Celebrate or mourn

Example of Needs:

trust

safety

community

predictability

joy

love

harmony

kindness

to matter

consideration

learning

beingness

integrity

beauty

fairness

clarity

support

be seen + heard

Intention vs. impact

This equity concept separates our intention of actions and words from their impact. Take responsibility for our actions and words of impact on others - do they build our relational trust and quality of connection or create harm & separate us?

Where do your words
and actions fall?.....

Above the Line
or
Below the Line?

Above the Line:

- respond from calm state & power with
- relational trust is focus
- authentic communication that builds our relationships
- compassionate listening
- take responsibility for our impact
- hold tensions in life giving ways
- Sees our interconnectedness

Below the Line:

- Blame & Shame
- Judgment
- Righteous - needing to be right
- Power over or power under
- Reactivity - saying or doing things out of reactivity
- Telephone or email gossip