

Instructions for Using the Dialogue Process When Journaling

“...the term *dialogue* has several levels of meaning in the context of the *Intensive Journal* process. Its most obvious reference is to the specific technique of the *dialogue script* in which we write a dialogue in our Journal; or, more specifically stated, we make it possible for a dialogue to be written. Underlying these written dialogues, however, is the more fundamental sense of dialogue not as a technique but as a *way of relationship*. The dialogue relationship is a mutual meeting of persons, each accepting, speaking out, and most important, listening to the other. This is the I-Thou relationship of which Martin Buber speaks. It is the deeper, more satisfying aspect of relationship between persons in society.” (Ira Progoff, *At a Journal Workshop*)

- Describe briefly but as concretely as possible in present time your relationship with the person, situation, work, the Divine or the body (the other) with whom you will enter into dialogue.
- Briefly write the steppingstones of this relationship allowing yourself to enter as fully into the life of the other with whom you will dialogue as you would with yourself, maintaining as much objectivity as possible.
- Describe the situation in which the dialogue will take place, paying as much attention as possible to the details of setting, atmosphere, appearance, etc., to make the situation concrete in the moment.
- Sit in respectful silence for a moment or two to experience the presence of the other as fully as possible.
- When the other is completely present in this twilight imagery, begin a conversation with a simple greeting or statement.
- As if you were a third party privy to a confidential dialogue, record what you overhear each party say in your “eavesdropping.” Try not to construct the dialogue in your mind, but rather “listen in” with your heart and record what you hear.
- When the dialogue becomes still or seemingly ends, reread what has been written. It is possible that new momentum may be generated. If not, say good-bye to your dialogue partner and know that it is possible to meet again.
- Sit in stillness and become aware of any emotions which were stirred as the dialogue was being written.
- Make no judgment and no interpretation of them, but describe objectively the subjective feelings that accompanied the exercise.
- Experience feedback by reading the dialogue once again. Record any emotion you may feel in this rereading.