

Israel360: Guidelines for Dialogue

Listen

- Listen actively, respectfully and with intention.
- Listen without interrupting.
- Avoid distractions and attend to the dialogue.
- Try to understand deeper meaning rather than waiting for your turn to speak.

Speak

- Speak to inform and not persuade. Choose your words thoughtfully, speak about personal experiences and respond rather than react.
- Critique ideas don't criticize people.
- Word questions specifically and neutrally. Refrain from judgment laden phrases embedded in questions. Question for further understanding.
- Speak for yourself. Represent yourself personally not groups of other people in your statements and your questions.
- Share comments or stories with the intention of aiding understanding not persuading or judging.

Understand

- Aim to understand. The goal of dialogue is to understand different perspectives and listen to other views. Stay curious.
- Commit to learning. Consider that you may not have all the information, might have been misinformed, or might have mistaken assumptions.
- Recognize common ground. Look for connecting points. Find the common humanity behind conflicting values.

Respect

- Refuse to engage in negativity. Refrain from venting, blame, judgment, belittlement, or comments on character.
- Follow the framework given. Stick to the established time frames and guidelines.
- Be open and respectful.

Israel360 is a pilot project of The Kindness Commons™ and is housed at Congregation Neveh Shalom.



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