

Dialogue Preparation Checklist

Created by the Office of Diversity, Equity, and Inclusion (ODEI) at UMB's School of Social Work

Successful dialogue depends upon the ways that we enter the space. Before participating in an intergroup dialogue, ask yourself the following questions:

Am I Open to Listening?

Am I willing to actively listen to others' perspectives, even if they differ from my own?

Am I Ready to Share My Experiences?

Am I prepared to share my own thoughts and feelings openly and honestly, while also being mindful of others?

Can I Manage My Emotions?

Am I able to recognize and manage my emotions during the conversation, especially if topics become challenging or sensitive?

Am I Prepared to Embrace Multiple Realities?

Am I prepared to refrain from either/or narratives and create space for multiple truths and realities, even if they differ from my own?

Am I willing to practice Cultural Humility?

Am I willing to recognize that there are things I don't know and may never know while still being willing to engage with curiosity and an interest in learning from others?

Am I Willing to Embrace Uncertainty?

Am I willing to engage in the dialogue without needing to reach a definitive conclusion or agreement?

Can I Avoid Defensiveness?

Am I able to remain open and avoid becoming defensive or reactive when confronted with differing viewpoints?

If your answers are overwhelmingly "NO," take a moment to honestly consider whether you are ready to engage.