

Threats to Meaningful Dialogue

Feeling Forced (no choice over the people, topic, resources, goals, etc...)

Being Unprepared

Being Unaware of Our Biases

(Explicit and Implicit) For example, sexism, racism, classism, ableism, lookism, xenophobia, homophobia, religious bigotry, ethnocentrism, political bias, etc

Confirmation Bias

Not Caring (About the topic, the people, the goal, etc..)

Interrupting Others

Fighting Words

Being overly emotional (Great dialogues will cause an emotional reaction, but if we are too emotional it short-circuits our ability to reason)

Rude or Disrespectful Language

Beating a Dead Horse (when dialogue becomes unproductive)

Bouncing Around (Too frequently moving from one idea to the next)

Extreme Close-Mindedness (believing only you know the truth and not considering opposing viewpoints)

Extreme Open-Mindedness (being so open-minded that you never stand up for what you believe is true)

Social Anxiety (Caring more about your social status and what people think of you than you do about the dialogue)

Past Baggage

Lack of Empathy (Only you can decide if you are being overly emotional or too sensitive - that is not for others to decide)

Not being aware of what our body language is saying!

Inattention or Impulsivity

Lack of Facts

Tennis-Matches (where two people dominate the dialogue in a back and forth)

Monologue (when one person dominates the dialogue with their own rant)

Monopolizing the Dialogue (When somebody talks way too much, often the teacher)

Recognizing Intent may be different than Impact