

## Questions to Ask Myself if I am Having Trouble Staying with Dialogue

- Am I honoring my own experience as valid?
- Can I trust others to respect my differences?
- Can I trust myself to be permeable, yet maintain my integrity?
- Am I willing to open myself to the pain of others and myself?
- Am I able to live with tension?
- Am I open to seeing God in others?
- Am I feeling defensive when others question me or have different opinions?
- Do I suspect others are forcing me to change?
- Do I fear that hearing other opinions will weaken my position?
- Am I denying pain I really have the strength to face?
- Am I viewing others as the 'enemy' (especially those who disagree with me)?