

※上越〈対話法〉研究会の江川律子さんが作成した資料に、柴山由貴子さんがアレンジを加えて英訳したものです。英語による〈対話法〉の説明の例として参考にして下さい。対話法研究所 浅野良雄

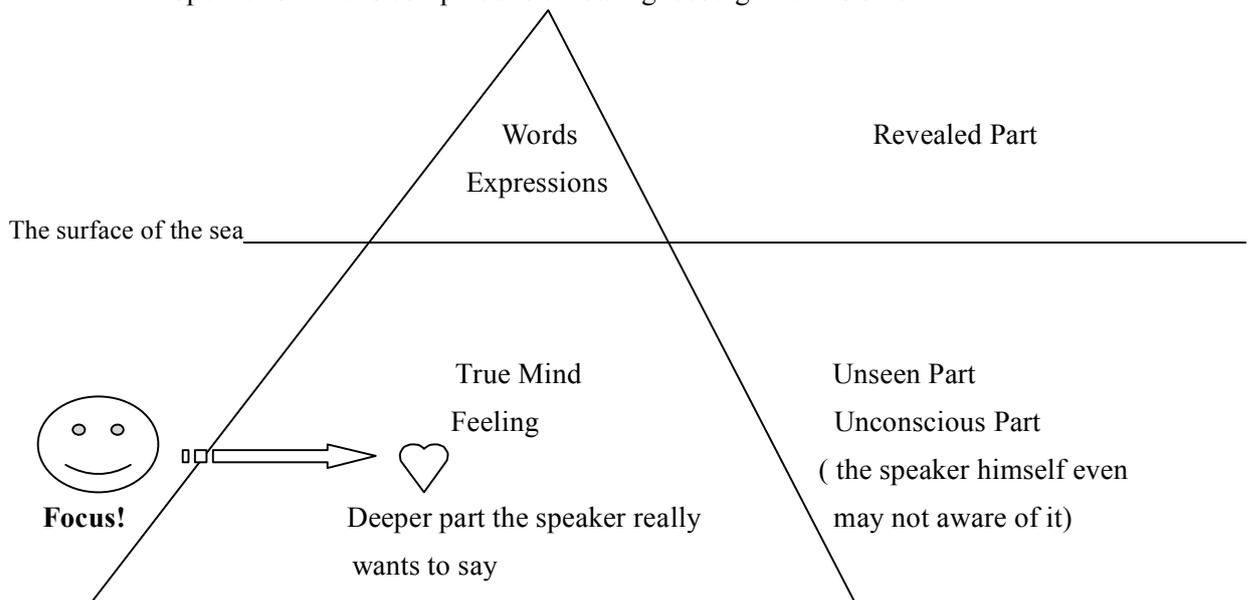
Dialogue Method

1. Dialogue Method (Devised by Mr. Yoshio Asano)

**Before telling your own thoughts and feelings,
Confirm in your own words
What is the point the speaker wants to say.**

- | | |
|---|---|
| ① Listen carefully | * At first, set aside your thoughts and feelings.
(In a sense, this is a training of controlling yourself.) |
| ② Summarize
(Paraphrase) | * Guess what the speaker wants to say.
Focus his/her point of view and feelings. |
| ③ Confirm (Restate)
with your own word | * Reflect back to the speakers the substance and
feelings they have expressed including what
they would like to have expressed. |
| ④ Go to⑤ or go back to② | * When your word fits in what the speaker said, go to next.
When it doesn't, go back to ② again. |
| ⑤ Tell what you want to say | * You can express your own thoughts and feelings
if you need. |

Speaker's mind is compared to a floating iceberg like this below.



2. **Confirmative response and Reactive response** (Classified by Mr. Asano)

■ **Confirmative response**

Put some confirmative words at the end of your restate.

Pattern 1. (Tag question form)

○○, didn't you?

○○, don't you?

○○, weren't you?

.....etc.

Pattern 2.

○○. Is that right?

○○. Is that true?

○○. Is that correct?

○○. Is that what you mean?

Pattern 3. Add some words just before your restate.

You mean ○○. / What you've just told me must have been ○○ for you./

Did I understand that you○○?/ What I thought you just said is○○./

Let me see if I understand you correctly. etc.

■ **Reactive response**

Giving your opinion, suggestion, proposal, advice, permission ,impressions....

Asking a question / Denying / Preaching.....etc

* We often tend to reply promptly with this reactive response in daily conversation.

Mr.Asano doesn't say this reactive response is wrong , but he recommends us

to use the confirmative response before using the reactive one

in order to avoid misunderstandings and misinterpretations.

3. **Effects & Benefits of confirmative response**

When you use this confirmative response, you can ;

- Build trust (rapport) and respect between people, and prevent misunderstandings that can lead to conflict, frustration or hurt feelings.
- Enrich personal relations
- Create a safe environment, which tends to open people up to say more and encourages surfacing of information.
- Make conversation active
- Rebuild even a half-broken relationship

- Correct any misunderstandings ,misinterpretations and prejudice
- Control your emotional feelings by setting yourself aside
- Keep the rapport when you use this confirmative response as you need.

✂ It looks like such a simple rule ,but you can get much more effects and benefits than you expected. Enjoy experiencing the effects of this profound rule actually.

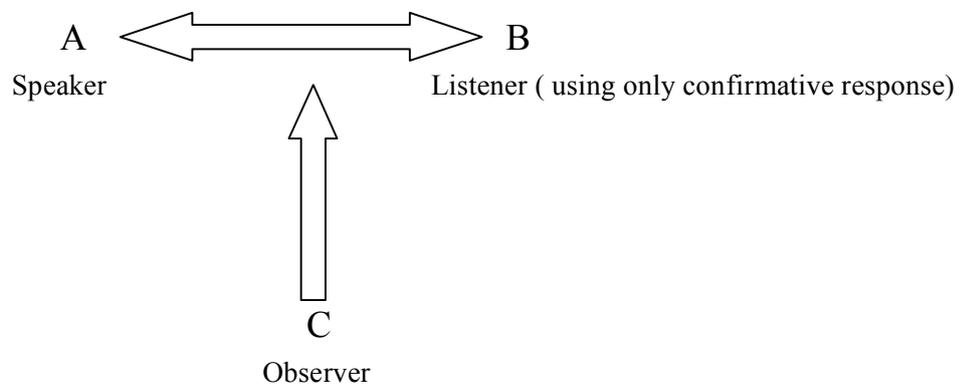
4. The Tips for choosing words

Reflect back to the speakers the substance and feelings they have expressed and they would like to have expressed.

When you make a confirmation, please restate

- * with affirmative and positive words
- * in short
- * at every proper timing

5. Practice



* After 3 minutes, please exchange each part.