

## SURVEY ANECDOTALS

Forty people from five nations responded to our Force-Field Analysis survey on the practice of dialogue. A summary of their responses is included in the Composite Analysis document on <https://dialogue4us.com>. In addition, what follows are random comments from responders that add value to the survey.

In today's society we see people are more dealing with mental health issues like depression, anxiety, insecurities and the suicidal risk is increased. By dialogue we can resolve many of our relationship issues and create bonds with each other. In larger context dialogue can solve many of our societal issues, if only people sit and talk.

Dialogue is a new concept (for some) and there is need for more work/training especially online courses that can help business and firms.

If our children learn dialogue skills, then world will be much safer place then today because instead of fighting they will have dialogue.

It is indeed the most important and urgent need of the world to engage in creative and constructive dialogue to avert possible clash of civilizations around the world.

Thinking together is the optimal way to solve problems once coherence is achieved.

Providing a friendly environment can play a very crucial role for expanding the practice of dialogue. This friendly environment provides sense of security and understanding to an individual to express all concerns without any fear and barriers. Conversation takes place in such environment also promote good relationship among different people.

In my opinion dialogue leads to peace and absence of dialogue leads to wars.

I wish we make communication skills as part of school curriculums from the elementary level. This could install necessary skills in our kids to be productive citizens and have better relationships.

As Clinical Psychologist, I experience that people avoid dialogue as avoidance of conflict. In order to escape arguments, they suppress their need to talk. They develop a silent understanding that no one would initiate conversation on it.

You go to restaurants, social get together or at home on dinner table, everyone is busy holding their little phone devices and have no time to communicate with each other. Technology, which is blessing, is ruining our lives at the same time and destructing our social system.

Family system is changing. Now people more live in isolation and call it privacy. The more people are living in individual units the more difficult it is for them to dialogue and connect with each other.

In my childhood we generally use to have arguments with colleagues for any issue in order to find some ideas in order to get the reasonable outcome of that issue; now I could say those arguments were actually dialogues which sometimes seemed like a quarrel.

Many a times, I participated dialogue sessions, recently I joined a dialogue session regarding the current international affairs "The role of Turkey in the region", as I reluctantly joined the session because I had no in depth knowledge about the role of Turkey in the region but I really astonished the way I started to get a plethora of knowledge about the role of Turkey in the region and in the world.

We talk about each other more than we talk to each other. We talk and talk and talk but do not know how to engage ourselves in authentic conversation.

Training and monitoring/grading of members use of dialogue skills needs to somehow be worked into the fabric of legislative bodies. Perhaps as part of mandatory training at the start of each term. This applies to both state and congressional office holders. Just imagine what could be accomplished if political foes could discuss options and compromise without all the grandstanding and rhetoric, which simply fuels the general populations behaviors.

In schools, we are always looking for ways we inhibit student thinking and expressing opinions often unknowingly. I always believed it was important for faculty and staff to encourage diverse opinions and guide conversations. When faculty and staff express their own political preferences, they run the risk of stifling student opinions and fostering dialog rather than debate.

I think our society has become very reliant on "experts" and achievements. People don't want to appear soft or weak. This culture can encourage people to have firm opinions and posture confidence-- distancing themselves from others rather than opening up conversation and exploring different ideas and perspectives.

With the increasing number of kids with anxiety or depression diagnosis, many kids don't feel they can measure up to expectations (societal and familial). This creates isolation and they become detached from open conversations unless people intentionally invite them into open and "safe" environments to explore feelings, thoughts and ideas.

The truth is that the first steps in continuing to grow is painful and, only after a certain amount of effort, do we feel a payoff. What is the medicine that can be given to get persons to stop, to study, to share and to change?

If your group says something is true, or the news prints it as fact, then it must be true. We don't want to be "different". Dialogue challenges us to be, think differently.

We have minimized true listening and are more focusing on getting "my" beliefs promulgated. Social media, of which I am a sparse user, asks for more telling than dialogue. As I get older, I question to understand, not to impress.

It is difficult some time to be open to new ideas; doubting, questioning, or abandoning our old beliefs about anything or about anyone, reducing our stubbornness, admitting that we don't know or don't understand about the matter in hand can be very difficult. All these require deep understanding, objectivity, and courage.

Listening for meaning requires focus and full attention. It is difficult for most people to think about the situation, they react to it without thinking about the problems.

Dialogue is a healthy activity which not only polish your thinking patterns but also helps grow your intellect. Intellect that depends upon the scientific approach of logic, accepts others' opinion, challenges existing reality and tries to go beyond limits with the help of mental powers.

Unfortunately, our society has become a mob that only believes in action rather than dialogue culture.

We annually organize Pakistan Youth Congress which is one of the biggest youth development projects of Pakistan in which we invite more than 300 people from different cities and also from different religions, casts, cultures and communities. We always encourage them to have multiple one-on-one or group conversation in order to understand each other's cultural and religious practices. We also encourage youth of Pakistan to share their accommodations with people coming from different backgrounds so that they can be able to create an understanding.

Dialogue happens not because of right or wrong, but instead it happens when two or more parties have different ideas. Thus, all the involved parties should have a mindset that they are all equal, willing to listen and willing to try to understand each other.

The dialogue environment you describe is enormously attractive, and an ideal for many people whose aims are developing mutual understanding. At the same time, we have found in our work that there are many different forms of dialogic activity that may achieve these ends, but in varying degrees depending on setting, history, and culture.

In a world in which we increasingly confront differences in beliefs, values and ways of life - and antagonisms can so easily become deadly - the need for such practices cannot be overstated.