

※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

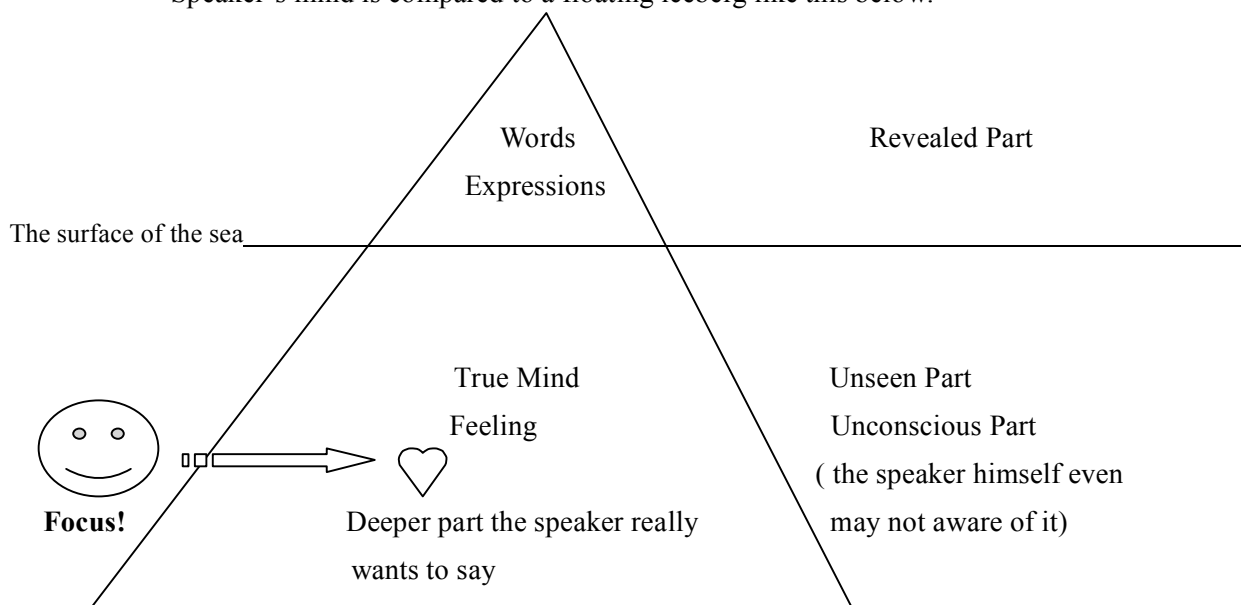
## Dialogue Method

### 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.<br>(In a sense, this is a training of controlling yourself.)                        |
| ② Summarize<br>(Paraphrase)               | * Guess what the speaker wants to say.<br>Focus his/her point of view and feelings.                                                   |
| ③ Confirm (Restate)<br>with your own word | * Reflect back to the speakers the substance and<br>feelings they have expressed including what<br>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.<br>When it doesn't, go back to ② again.                                   |
| ⑤ Tell what you want to say               | * You can express your own thoughts and feelings<br>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.

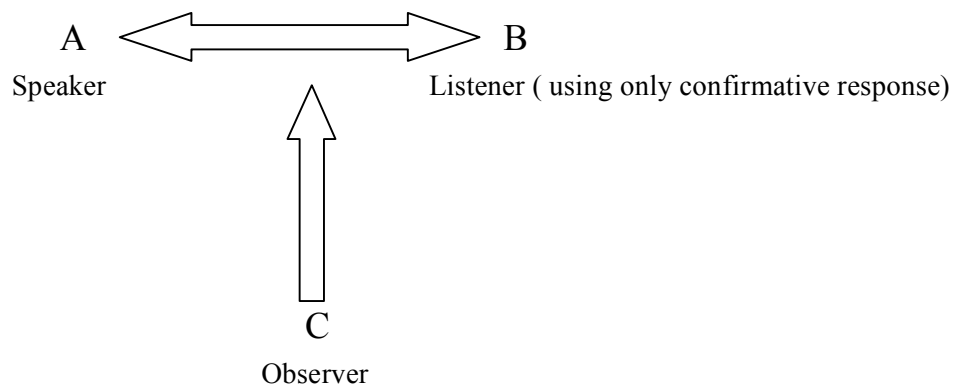
#### 4. The Tips for choosing words

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.