

Personal Reflection – August 1, 2022

Listen to Their Feelings, Part One

When we first codified Dialogue Education, I spoke blithely about “*cognitive, affective and psychomotor elements of content*”. *This past week, in a novel, in a television show and in conversation with friends, I have become aware of the prominence of what I called the “affective” – feelings.*

How do I listen to the feelings of others in an earnest dialogue? That is a question I put to myself, a challenge I offer for the rest of my days.

First, listen to my own feelings in the situation: *mad, scared, sad, glad?* I often use humor to avoid naming or addressing what I feel. I want to be careful of that. I have ways to edit Mad, Scared and Sad through humor or sheer duplicity. I want to be careful of that, too. I have known the joy of honest feelings, named, shown, celebrated. I want to be careful of that!

Stage One in response to my question - how to listen to *their* feelings - might be: honest awareness and celebration of *my own*!

--Jane Vella