

Dyade

A method of a structured dialogue that helps us to dive deeper and integrate insights



<https://pixabay.com/en/walk-nature-snow-forest-hiking-701202/>

“A lot of good arguments are spoiled by some fool who knows what he is talking about.”

Miguel de Unamuno

Tags Social, Communication Skills, Integral Design, Re-connecting with nature,

Challenge:

People are often oriented in the outer world with their own inner voices unheard and unheeded. They are not ready for change or to take the big decisions and steps needed to execute that change. How do people get to understand themselves more deeply so they can take those big steps that need a solid foundation to help them move further? Often the answers are already within them - it only needs the right question and deep listening to hear them.

Solution:

The power of Dyades lies in the time you take to consider (min. 40 minutes), in the clarity of the questions, and in the contemplative repetition (at least three repetitions each person).

Find three to five questions:

- the first one or two help to open up a topic and dive into the knowledge you have.
- the middle question explores the obstacles.
- the one or two ending questions help to find possible ways of integration (e.g. the resources you have to overcome the obstacles, crystallizing one or more concrete steps you can take).

The process of a Dyade:

- Go out for a walk (best in nature) in pairs for at least 40 minutes (up to 60 minutes).
- Person A starts by asking the all the questions one by one. Person B answers in an intuitive, spontaneous way. Let yourself be surprised by your answers. Person A listens to B in an open, supportive attitude and rounds up every answer by saying “thank you”.
- Switch roles, now person B asks the same questions to person A (in the same style).
- Repeat this session at least 3 times (so every person answers 3 times to the same question) - more times is possible.

References:

Web: <http://www.partizipation.at/dyade.html> (only german)

Submitted by :Pioneers of Change