



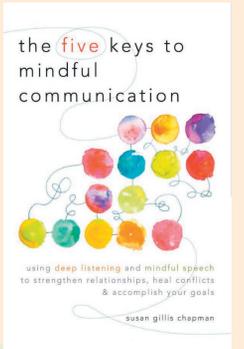
Mindful Communication & Transformational Dialogue

a mindfulness-based model for shifting relationship focus from 'me-first' to 'we-first'

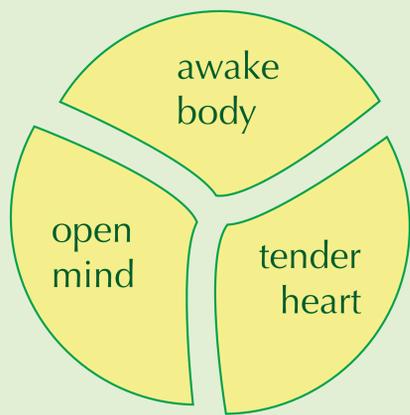
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Green Light Institute www.greenzonetalk.com



Step 1: Mindfulness is Listening to the Primary Language of Experience



Awake Body: In the present moment, our sense perceptions are open. We're able to:

- Mirror the words we hear.
- Pay attention to non-verbal communication.
- Feel connected to the natural environment around us.

Tender Heart: In the present moment, emotional energy is a felt sensitivity, a way of knowing. We're able to:

- Empathize with the emotional experience of others.
- Recognize the range of emotional energy within our own body.
- Differentiate between primary emotions and toxic reactions.

Open Mind: In the present moment, thoughts and ideas flow in a larger space of awareness. We're able to:

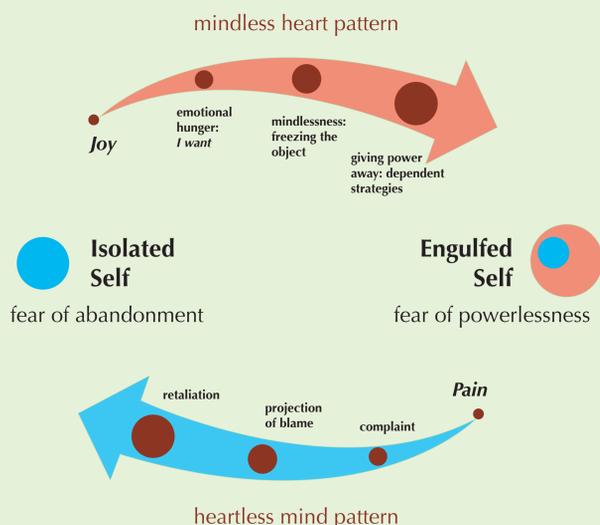
- Relax in a state of not-knowing.
- Be curious and learn new information.
- Change and update our opinions and beliefs.

Step 2: Using the Symbol of the Three Lights to Notice Open And Closed Communication

OPEN (GREEN)	IN BETWEEN (YELLOW)	CLOSED (RED)
we-first: interdependent self	sudden loss of 'we-first' connection	me-first isolated self
balanced	sudden loss of balance	mindless-heart & heartless mind
awake body	shock	tension
tender heart	disappointment-- fear	reactive emotions (secondary)
open mind	self doubt	toxic certainty
fluid	freezing	frozen

- **Green light** is 'we-first' (interdependence): when the channel of communication is open we naturally attend to the value of the relationship, even within conflict (pain).
- **Red light** is 'me-first'. the cycle of mindless-heart (dependence) and heartless-mind (counter-dependence): when the channel of communication is closed we put up a barrier and turn 'other' into an object, to be consumed or rejected.
- **Yellow light** is directly experiencing the shock and loss of connection. We feel an identity crisis, trauma and grief.

Red Light (Closed) Communication Patterns

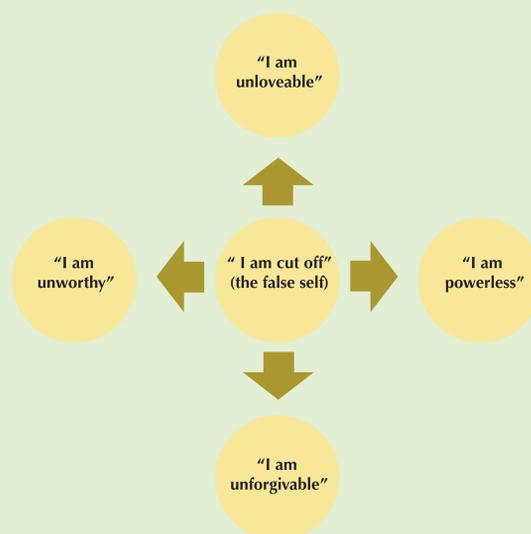


Step 3: Transformational Dialogue (Green Zones)

In a "green zone" we deeply listen to the fears and self doubts that surface when reality doesn't meet our expectations. This process unmask the frozen identity that triggers red light patterns.

"Embodiment is where everything begins: your presence and your clarity about the ground on which you stand set the tone for what is possible in a circle of trust." ~ Parker Palmer

Yellow Light: listening to fear and self doubt transforming fear-based communication

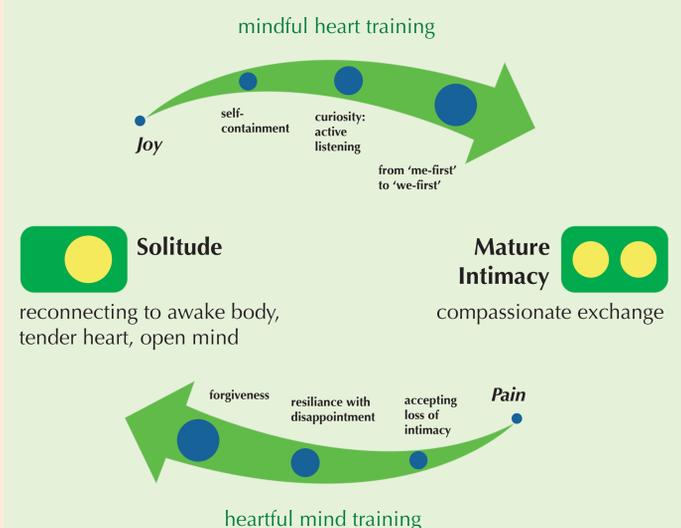


2 Kinds Of Green Zones: Alone And Together

Alone: Exploring the source of happiness and suffering. Listening to ourselves: sitting meditation and self reflection.

Together: a social green zone is mindfully listening to others.

Green Light (Open) Communication Training



A social green zone is defined by 3 intentions:

- **Go with the green light:** maintain a "we-first" view, protecting the relationship even in conflict.
- **When the light is red, stop:** refrain from causing harm when the communication barrier is up.
- **Be careful when the light is yellow:** when triggered, create space to meet fear or self-doubt with gentle curiosity.