

Sample Connection Requests

Following are some possible ways of phrasing requests during a dialogue with the purpose of creating a quality of connection that contributes to the possibility of meeting everyone's needs.

I. Requests for One-On-One Dialogues

Understanding Me

- a. "Would you (be willing to) tell me what you just heard me say?"
- b. "Would you tell me your understanding of my feelings and needs?"
- c. "Would you be willing to listen to me talk about my experience?"

Understanding You

- d. "Would tell me how you are feeling about what I just said?"
- e. "Would you tell me specifically what I can do that would help you feel more confident that I understand what you are saying?"
- f. "Would you tell me what you need to know in order to agree with my request?"
- g. "Would you tell me what needs of yours are preventing you from saying yes to my request?"

Understanding Us

- h. "Would tell me what you're hearing in my expression that's leading you to say no to my request?"
- i. "Would you spend some time with me trying to come up with solutions that would work for both of us?"
- j. "Would you tell me if there is any way for us to work this out other than my agreeing with your request?"
- k. "Is there a way I could ask this that would help you trust that it's really a request and not a demand?"

II. Requests Addressed to Groups

- 1. "Would you raise your hand if you are NOT willing to do 'x'?"
- 2. "Would you raise your hand if you would be willing to dialogue with me about this right now?"
- 3. "I'd like to hear a few people's feelings and needs in relation to what I just said."
- 4. "Would you raise your hand if you would be willing to spend some time later with me [or to form a team with me] to work on 'x'?"