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Five Steps to Complexify Your Roles/Identities © 2023-04-25

Orange Belt Question: What are the five steps to Complexify Your Roles/Identities?

Orange Belt Succinct Answer:

1. Be aware when my adrenaline dumps.
2. Breathe well, meditate on Truth, and do my training.
3. In a quiet time/place figure out what three- or four-word summarized role/identity caused the dump . . . "I am _____" or "I am not _____."
4. Re-write it (the summary) with an accurate paragraph.
5. Often I need to put many positive thoughts (accurate encouragement) into the paragraph.

Why These Skills Are Important:

- The more accurate my understanding of self, the more calm I can stay, which makes me better able to do what I have trained to do.
- [Free Video 7, 0:55-2:24](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 50-51](#)

Explanations of the Yellow Belt Succinct Answer:

- Regarding step 4, re-write - here are a couple of ways to think about rewriting it:
 - Name things in my control and out of my control that affect how I appear to myself and others.
 - Name the many dialectical tensions affecting me, others, and the situation(s).
- [Free Video 2, 4:33-5:23](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 50-55](#)

Illustrations of the skills:

- [Free Video 2, 5:24-6:42 \(Good Speaker\)](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 52-53 \(Good Singer\)](#)