



# Dialog and Resolve LLC

Springfield, MO

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www.dialogdojo.com

## Dialog Dojo Color Band Requirements © 2022-12-13

### Yellow

- Self-Assess
  - Oh, that would have been a great time to use one of the skills
  - I wish I could remember how to do it without a cheat sheet
  - I have to be alone and quiet to remember to meditate
- Quote a chunk of Truth (4 Bible verses or 110 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, "I have a dream" speech, Mother Teresa Quotes, etc.)
- From memory, answer the seven Basic Principles questions about:
  - Breath Control
  - Scriptural (Truth) Meditation
  - Five Stages of Team Function
  - Five Levels of Goals/Interests
  - Emotional Bank Account
  - Five Elements of Effective Encouragement
  - Five Forgiveness Languages
- Do the yellow Basic Skills
  - For two minutes, sit quietly with your eyes open, with all present staring at you, while breathing in through your nose and out through your mouth. The only thing in your mind is Truth
  - Listening Batting Practice - without using notes or handouts do a Tentative opening, name one emotion, and rephrase one interest for four people
  - Forgiveness - without using notes or handouts, hear a scenario of what you did to offend me, then ask effective forgiveness



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## Orange

- Self-Assess
  - Hooray, I often remember to try the skill(s) in easy circumstances, and they often produce good results
  - I wish I could think to use the skills in harder circumstances
  - I realize I can meditate while moving in quiet circumstances
- Quote a chunk of Truth (8 Bible verses or 220 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, "I have a dream" speech, Mother Teresa Quotes, etc.)
- From memory, answer the seven Basic Principles questions about:
  - Five Steps to Complexify Roles/Identities
  - Five Dialectical Tension Principles
  - Five Disagreement/Conflict Processes
  - Five Love Languages
  - Seven Main Emotions
  - Seven Truth in Love Skills
  - Advice vs Encouragement
- Do the orange Basic Skills
  - For 2.5 minutes, sit quietly with your eyes open, with all present staring at you, while breathing in through your nose and out through your mouth. The only thing in your mind is Truth
  - Say an effective encouragement to at least four people (See Effective Encouragement Handout)
  - TRIPS batting practice - without using notes or handouts, name one interest per person, name a different level of interest for each person (the goal is to prove you can name an interest for each level of TRIPS) - one of the four people in the group will need to say statements to you twice
  - Truth in love batting practice - without using notes or handouts, use the Truth-In-Love principles to filter and re-state two statements the tester gives you



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## Blue

- Self-Assess
  - Hooray, I sometimes remember to use the skills in challenging circumstances
  - Ooh, I just got mad, I wonder what false identities I hold dear?
  - I realize I can meditate while doing mindless tasks
- Quote a chunk of Truth (12 Bible verses or 330 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, "I have a dream" speech, Mother Teresa Quotes, etc.)
- For three minutes, sit quietly with your eyes open and your scripture the only thing in your head, with all present staring at you. Breath in through your nose, out through your mouth
- The trainer picks any 4 Basic Principles and you explain them from memory
- Say three skillful encouragements to one person - as specific as possible
- TRIPS Batting Practice - without using any notes or handouts name an interest from each level of TRIPS, in TRIPS order, for four statements
- Listening Batting Practice with 5 statements; a couple of them intense
  - Use at least 3 different tentative openings
  - For each statement name 2 emotions and reframe 2 interests (TR)
  - Complete in 5 minutes
- Show your customized Emotions Words List and say 20% of the list from memory
- Truth in love batting practice - In under 2 minutes, without using notes or handouts, use the Truth-In-Love principles to filter and re-state three statements the tester gives you
- Forgiveness -
  - Within two minutes, without using notes or handouts, hear a scenario of what you did to offend, then ask effective forgiveness
  - Now put yourself in the position of the offended, and, within two minutes, give effective forgiveness
- From memory, answer the questions about:
  - Five elements of teaching a skill
  - Seven steps of the single question facilitation model



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## Green

- Self-Assess
  - Hooray, I often remember to try the skills in challenging circumstances
  - People are starting to notice a change in me
  - I meditate often, and I often remember to pray and breath before I act during a challenge
- Quote a chunk of Truth (16 Bible verses or 440 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, "I have a dream" speech, Mother Teresa Quotes, etc.)
- For four minutes, sit quietly with your eyes open and your scripture the only thing in your head, with all present staring at you and talking to each other. Breath in through your nose, out through your mouth and smile
- The trainer picks any 4 Basic Principles and you explain them from memory
- Say four actual skillful encouragements to one person
- Listening Batting Practice with 5 statements – at least 3 of them intense
  - Use at least 4 different tentative openings
  - For each statement name 2 emotions and reframe 3 interests (TRI)
  - Complete in 5 minutes
- Say 40% of your customized Emotions Words List from memory
- Truth in love batting practice - In under 2 minutes, without using notes or handouts, use the Truth-In-Love principles to filter and re-state four statements the tester gives you
- Forgiveness -
  - Within two minutes, without using notes or handouts, hear a scenario of what you did to offend, then ask effective forgiveness for two levels of contribution (TR)
  - Now put yourself in the position of the offended, and, within two minutes, give effective forgiveness for both levels
- From memory, answer the questions about:
  - Five elements of training
  - Five meeting facilitator steps
  - The single question model infused with group and personal processes



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## Brown

- Self-Assess
  - Hooray, I am beginning to recognize challenging circumstances developing and am staying fairly calm
  - I am pretty good at helping whatever group I am with function with purpose and order
  - Wow, meditation really enables me to listen better by replacing my own interests and plans with truth focused on loving others
- Quote a chunk of Truth (20 Bible verses or 550 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, "I have a dream" speech, Mother Teresa Quotes, etc.)
- For five minutes, sit quietly with your eyes open and your scripture the only thing in your head, with all present staring at you and talking to each other and you trying to distract you. Breath in through your nose, out through your mouth and smile
- The trainer picks any 4 Basic Principles and you explain them from memory
- Say five actual skillful encouragements to one person
- Listening Batting Practice with 5 intense statements
  - Use a different tentative opening for each statement
  - For each statement name 2 emotions and reframe 4 interests (TRIP)
  - Complete in 5 minutes
- Get the trainer (who is pretending to be a calm untrained person) to listen to you
- Say 60% of your customized Emotions Words List from memory
- Truth in love batting practice - In under 2.5 minutes, without using notes or handouts, use the Truth-In-Love principles to filter and re-state five statements the tester gives you
- Forgiveness -
  - Within three minutes, without using notes or handouts, hear a scenario of what you did to offend, then ask effective forgiveness for three levels of contribution (TRI)
  - Now put yourself in the position of the offended, and, within three minutes, give effective forgiveness for three levels
- Meeting Facilitation
  - Answer any Meeting Facilitation questions from previous color tests
  - In under 25 minutes, when the tester gives you a Question for the Group to Answer, facilitate a collaborative effort to
    - Gather at least 10 TRIPS, at least 2 from each level
    - Use 1 Creative Thinking Tool to generate at least 6 solutions
    - Use 1 Decision Making Tool to choose 1 solution
    - Craft Accountability for that solution



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**Black** – Trainer needs advance notice b/c may need to find actors

- Self-Assess
  - Hooray, I am beginning to recognize circumstances in which challenge might develop
  - I am confident in my abilities to stay calm in those circumstances
  - I proactively have a few strategies in my mind for enabling those circumstances to remain hopeful and effective
  - Meditation is my hiding place. I am beginning to understand abiding with Jesus
- Quote a chunk of Truth (24 Bible verses or 660 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, “I have a dream” speech, Mother Teresa Quotes, etc.)
- For six minutes, sit quietly with your eyes open and your scripture the only thing in your head, with all present staring at you and talking to each other and you trying to distract you. Breath in through your nose, out through your mouth and smile
- The trainer picks any 4 Basic Principles and you explain them from memory
- Say six actual skillful encouragements to one person
- Listening Batting Practice with 6 intense statements, 2 of them yelling
  - Use a different tentative opening for each
  - For each statement name 2 emotions and reframe 5 interests (TRIPS)
  - Complete in 6 minutes
- Get the trainer (who is pretending to be an upset untrained person) to listen to you
- Say 80% of your customized Emotions Words List from memory
- Truth in love batting practice - In under 3 minutes, without using notes or handouts, use the Truth-In-Love principles to filter and re-state six statements the tester gives you
- Forgiveness -
  - Within four minutes, without using notes or handouts, hear a scenario of what you did to offend, then ask effective forgiveness for four levels of contribution (TRIP)
  - Now put yourself in the position of the offended, and, within four minutes, give effective forgiveness for four levels
- Meeting Facilitation
  - Answer any Meeting Facilitation questions from previous color tests
  - In under 25 minutes, when the tester gives you a challenge for the group to solve, facilitate a collaborative effort to
    - Come up with the Question to Answer
    - Gather at least 15 TRIPS, at least 2 from each level
    - Use 1 Creative Thinking Tool to generate at least 6 solutions (Use a different tool than you did in your Brown test)



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- Use 1 Decision Making Tool to choose 1 solution (Use a different tool than you did in your Brown test)
- Craft Accountability for that solution

White (Salt & Light) - Trainer needs advance notice b/c may need to find actors

- Self-Assess
  - I am so practiced with meditation that I realize when I am falling back into old habits of fear and doubt. Jesus, please help me realize quicker.
  - I recognize that clear communication requires miracles. I therefore cling to Jesus in prayer constantly.
  - I recognize how little I know and how far I have to go toward making every thought, word, and action give grace, hope, encouragement, courage, etc. to every person with whom I come in contact
  - I recognize that if someone asks me on the spot to facilitate a meeting, it is probably too late to do my best because excellent facilitation requires forethought and planning; however, I will do my best and it will be a good meeting
- Quote a chunk of Truth (30 Bible verses or 800 ish words of other wisdom literature - e.g. Declaration of Independence, Gettysburg Address, "I have a dream" speech, Mother Teresa Quotes, etc.)
- For seven minutes, sit quietly with your eyes open and your scripture the only thing in your head, with all present staring at you, talking to each other and you, yelling at you every once in a while, and generally trying to distract you. Breath in through your nose, out through your mouth and smile
- The trainer picks any 4 Basic Principles and you explain them from memory
- Say seven actual skillful encouragements to one person
- Listening Batting Practice with 10 intense statements, at least 5 yelling
  - Use at least six different tentative openings
  - For each statement name 2 emotions and reframe 5 interests (TRIPS)
  - Complete in 7 minutes
- Get the trainer (who is pretending to be an irate/desolate untrained person) to listen to you
- Say all of your customized Emotions Words List from memory
- Truth in love batting practice - In under 3 minutes, without using notes or handouts, use the Truth-In-Love principles to filter and re-state seven statements the tester gives you
- Forgiveness -
  - Within five minutes, without using notes or handouts, hear a scenario of what you did to offend, then ask effective forgiveness for five levels of contribution (TRIPS)
  - Now put yourself in the position of the offended, and, within five minutes, give effective forgiveness for five levels
- Meeting Facilitation



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- Answer any Meeting Facilitation questions from previous color tests
- In under 45 minutes, when the tester gives you two challenges for the group to solve, facilitate a collaborative effort to
  - Come up with the Question to Answer for each challenge
  - Gather at least 10 TRIPS, at least 2 from each level for each challenge
  - Use 1 Creative Thinking Tool to generate at least 6 solutions for each challenge (Use a different tool for each challenge)
  - Use 1 Decision Making Tool to choose 1 solution for each challenge (Use a different tool for each challenge)
  - Craft Accountability for the solution for each challenge