
Mindful Dialogue Protocol Instructions

1. In pairs, Partner A will read one of the prompts and ask partner B to respond to the following questions:
 - What do you think the student in this scenario is feeling?
 - What sensations might they be feeling in their body?
 - What would you say if this student was your friend to make them feel encouraged?
 - What tone or body language would you use?
 - What would you say that would help them see the situation a different way?
 - If you can't think of something compassionate and helpful to say, what else could you do to let them know you hear them?
2. While Partner B responds for 2 minutes, Partner A listens.
3. After the 2 minutes, allow for 2 minutes of discussion. Partner A can reflect on Partner B's words:
 - Would they find them helpful or encouraging if they were to receive them?
 - Which of the statements that Partner B gave was most helpful?
 - Are there other things that would have been helpful here?
4. Repeat this for the second prompt, then swap roles. Partner B will listen as Partner A responds to each prompt.

Guidelines

- Use positive talk that is helpful, compassionate, true, and useful.
- Try NOT talk about yourself or your own experiences.

Discussion Prompts

1. I got my biology test grade back and it was terrible. I am going to fail this class, and now I'll never get into college.
2. Everyone I know got invited to the birthday party this weekend except me. Nobody likes me.
3. I have three papers due this week. There's no way I can finish them. I'm just not as smart as other people.
4. I completely forgot about the test today. I just don't think I'll ever be organized.
5. Sarah made fun of my picture on social media. She's right, I'm such a loser.
6. I looked at my cell phone this morning and my boyfriend/girlfriend/significant other broke up with me.
7. I overreacted to something my parents/sibling said at the dinner table last night. I wish I would think before I speak.
8. I forgot my best friend's birthday and now she's mad at me. She's not going to want to be my friend anymore.