

Relational Fields

Five ways to experience a dialogue, conversation, or seek understanding with others

Spaciousness

- Sense that there is no urgency.
- Relax into the silence (silence is OK).

Compassion

- Notice what you like and respect about the person.
- Appreciate the other's willingness to join you in this.
- See the person as just another human being with many of the same flaws and concerns.
- Like me, their efforts and concerns can be a source of great difficulties.

Unconditional Positive Regard

- This person is working hard.
- They are doing the best they can.
- Their actions and behaviors are a result of their Interpretive Structure.
- Discern between the person and their actions.

Resonance

- Sense your connection to the person - active listening.
- Sense the other person connecting with you.

Neutrality

- Your experience is similar in some ways.
- Your experience is also different in some ways.
- You and the other person are both connected and at the same time, distinct.

Adaptation from:

Silsbee, Douglas K., and Richard Strozzi-Heckler. *Presence-Based Coaching: Cultivating Self-Generative Leaders through Mind, Body, and Heart*. San Francisco, CA: Jossey-Bass, 2008. (p.116-119)