

# FEARLESS DIALOGUES

see. hear. change.

“Once you see, you cannot not see.”



## I. WELCOME TO THE LABORATORY OF DISCOVERY

“It’s good to see...you.” (SEE)

## II. FIVE FEARS THAT STIFLE CONVERSATION

**Fear**, noun \fi(ə)r\: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Our research has revealed that there are five primary fears that frustrate hard, heartfelt conversation about what stymies personal growth and professional progress.

1. Fear of the **unknown**
2. Fear of **strangers**
3. Fear of **appearing ignorant**
4. Fear of **plopping**
5. Fear of **oppressive systems**

## III. UNACKNOWLEDGED ALL AROUND US (HEAR)

**WILLIAM JAMES**: No more fiendish punishment could be devised, were such a thing physically possible, than that one should be turned loose in society and remain absolutely unnoticed by all the members thereof. If no one turned around when we entered, answered when we spoke, or minded what we did, but if every person we met ‘cut us dead,’ and acted as if we were non-existent things, a kind of rage and impotent despair would before long well up in us, from which the cruelest bodily torture would be a relief. *Cut Dead But Still Alive (2013)*

IV. **KIPPLING WILLIAMS ON REMEMBERING:** Few moments in life are more painful than feeling that others, especially those whom we admire and care about, want nothing to do with us. There may be no better way to communicate this than for others to treat you as though you are invisible—like you didn't exist. Maybe at first glance this doesn't seem as intolerable as I suggest. But recall for a moment a situation in which your friends, family, co-workers or relationship partners acted as though you did not exist. Remember feeling as though you were invisible, yet you could see the others going about their lives as though nothing unusual was happening. What did you do? Did you try talking to them to find out what was going on? But what if they didn't talk back, but instead acted as though they had not heard you? Maybe you waved your hands in front of their faces? If you did, what did it feel like when they even refused to make eye contact with you? Were you able to carry on as though everything was normal? Did you start to withdraw? Or did you reciprocate their actions? Did you disengage, wondering if you really belonged with these people after all? *Notice Williams calls the reader to remember and recall and not imagine. He assumes that every reader has experienced some form of ostracism whether mild or severe. What do you think of this?*



V. **THE LONG WALK TO FREEDOM STARTS WITHIN 3- FEET (CHANGE) INTERRUPTING HOPE**

**GREG ELLISON, II:** An interrupting hope is a disrupting desire for existential change that is generated and sustained in a community of reliable others that: names difficulties, envisions new possibilities, and inspires work toward transformation of self and other.

Interruption lies at the heart of hope and is the bloodline pulsing through this work. An interrupting hope is a stopgap that reroutes the toxic flow of rage and nihilism that erode a hopeful outlook on life. An interrupting hope encourages those denied visibility and voice to disruptively speak, while emboldening caregivers to move confidently between margin and center and foster fearless dialogue.... An interrupting hope looks danger squarely in the eye and believes that in tandem with a community of reliable others, the pursuit of visibility, voice, and existential change outweighs the threat of psychic harm or physical death.



**TAKE THE 3-FEET CHALLENGE!**

*The longest journey you will take in life is the trip from your head to your heart. Peace to you on the journey...*

**FEARLESS DIALOGUES** creates unique spaces for unlikely partners to engage in hard, heartfelt conversations that see gifts in others, hear value in stories, and work for change and positive transformation in self and others.

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