



Knowing The W.A.L.K. System



'WHAT'. What is the outcome you want to have from every conversation or digital engagement involving differences in views or opinions?

In Walking the Ridge, the outcome is to have listened TO, learned FROM, and shown respect FOR the other person(s) involved.



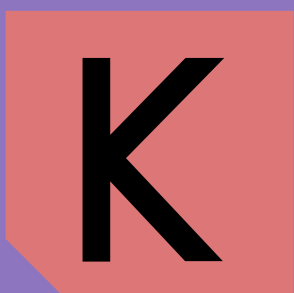
'APPLICATION'. Which inter and intrapersonal skills and dialogue techniques will you be using in this engagement or conversation?

Some examples include the selection of IMAGO, re-framing, empathy, non-verbal communication, and the Law of Charity.



'LETTING GO'. Letting go of behaviors and actions such as poor listening, name calling, and failure to show genuine empathy.

This is often recognized from your mindfulness & self-awareness. Especially noted in times of sensing amygdala hijack.



'KEEPING TRACK' of your results and learning.

What were those tactics, skills, and behaviors you used in a successful or poor manner? What should you have done more or less of in the engagement?