

# Introduction

## Introductory Level - Basic Concepts of Voice Dialogue

*(Please refer to the List of Voice Dialogue Terms, pages 41-42, as needed)*

### **What is Voice Dialogue?**

- Voice Dialogue is a consciousness tool that can help us to become aware of our many different sub-personalities or ‘selves’ and how to consciously choose from the strengths and limitations of these selves.
- In consciousness work, we have a sense that some part of us is incomplete and is seeking wholeness. Human beings are not seen as being broken or ill and in need of being fixed.

### **What is the goal of Voice Dialogue?**

- The main goal of Voice Dialogue is the development of the Aware Ego Process; that is, the ability to separate from and embrace the selves and be able to exercise conscious choice using the benefits and acknowledging the limitations of the selves.
- In Voice Dialogue, there is no attempt to fix or change any of the selves. Instead, we are encouraged through the Aware Ego Process to learn about the gifts and limitations of each self and how to use, or not use them.
- The minimum hope in Voice Dialogue is to get a map of the selves, experience some of the primary and disowned selves and obtain some awareness of the Aware Ego Process.

### **What is the theoretical foundation of Voice Dialogue?**

- The theoretical foundation of Voice Dialogue is the Psychology of the Selves and the Aware Ego Process.
- The Stones are now combining the Psychology of the Selves and the Aware Ego Process under one title: “Voice Dialogue International, Teaching the Psychology of the Aware Ego and the Selves”.
- Voice Dialogue is taught throughout the world because people in many countries found the concepts and practices of Voice Dialogue helped them make significant changes to their lives.



## The Basic Voice Dialogue Session

The *basic* steps to a Voice Dialogue session are outlined below to provide a practical context in which to understand the theory presented in the Guides and PowerPoint Presentations.

Different facilitators may choose to do the steps in the facilitation process in a different order or choose not to do certain steps. It may take two or three hours to complete all the steps.

### Step One: Deciding which self to dialogue

- \* Identify the issue, distress, problem, or self the person wants to focus on.
- \* Facilitator and the person can co-decide which self or sub-personality to begin with.



Person

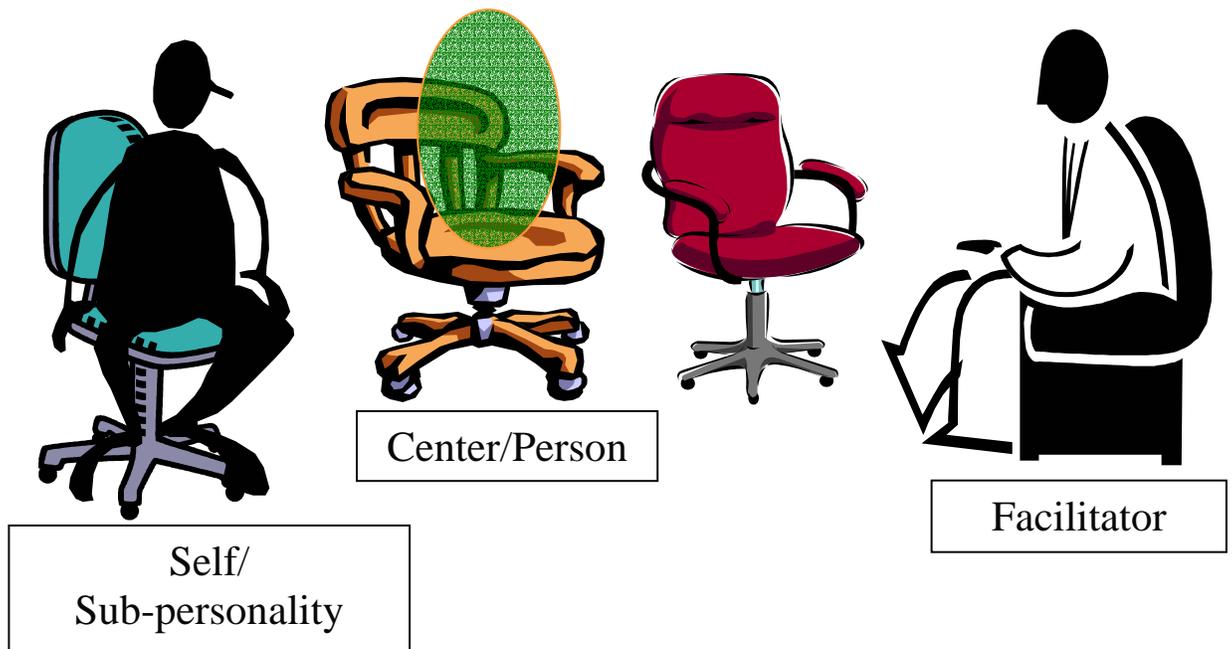


Facilitator



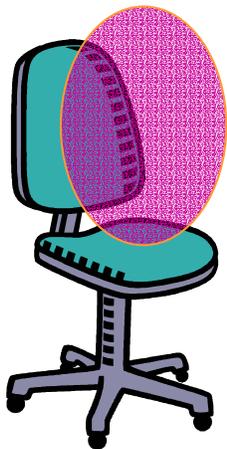
## Step Two: Dialoguing the self/sub-personality

- \* Have the person physically move over from the center into the chair or space of the self/sub-personality to be dialogued.
- \* Facilitator asks the self/sub-personality questions that bring forth who that self is and its purpose in the person's life.



### Step Three: Separating from the self/sub-personality

- \* When the dialoguing of the self is done, have the person move back into the center.
- \* Facilitator takes the person through a separation process from the self just dialogued.



Self/Sub-personality



Center/Person



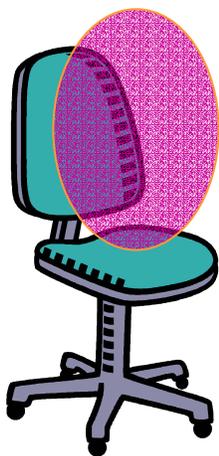
Facilitator



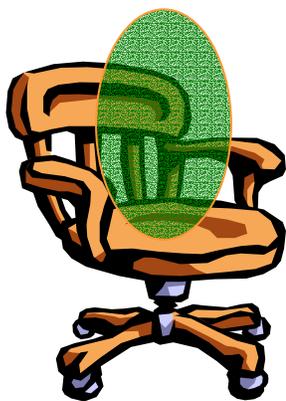
## Step Four: Dialogue the opposite self

*It is recommended that the facilitator dialogue the self/sub-personality for a number of sessions. (The assumption here is that the self/sub-personality plays a major role in that person's life). The work with the opposite self usually starts when the self/sub-personality gives permission to the facilitator to work with the opposite self. The participant's safety comes from respecting the position of this major role player in the person's life. With experience, the facilitator comes to know when to work with the opposite self.*

- \* Now, the facilitator has the person move from the center chair to the opposite self/sub-personality.
- \* Ask this opposite self questions that bring forth who it is and its purpose in the person's life.



Self/Sub-personality



Center/Person



Opposite Self

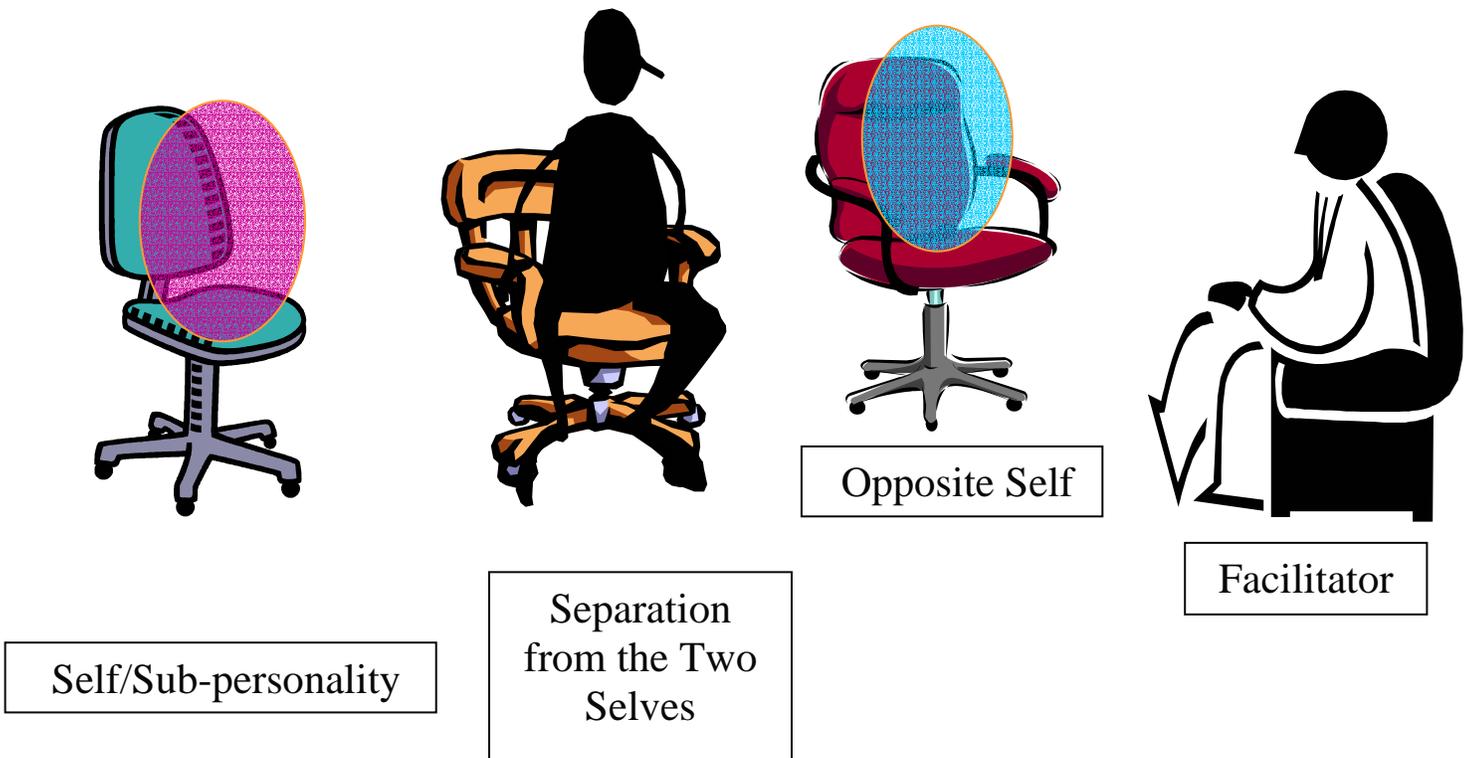


Facilitator



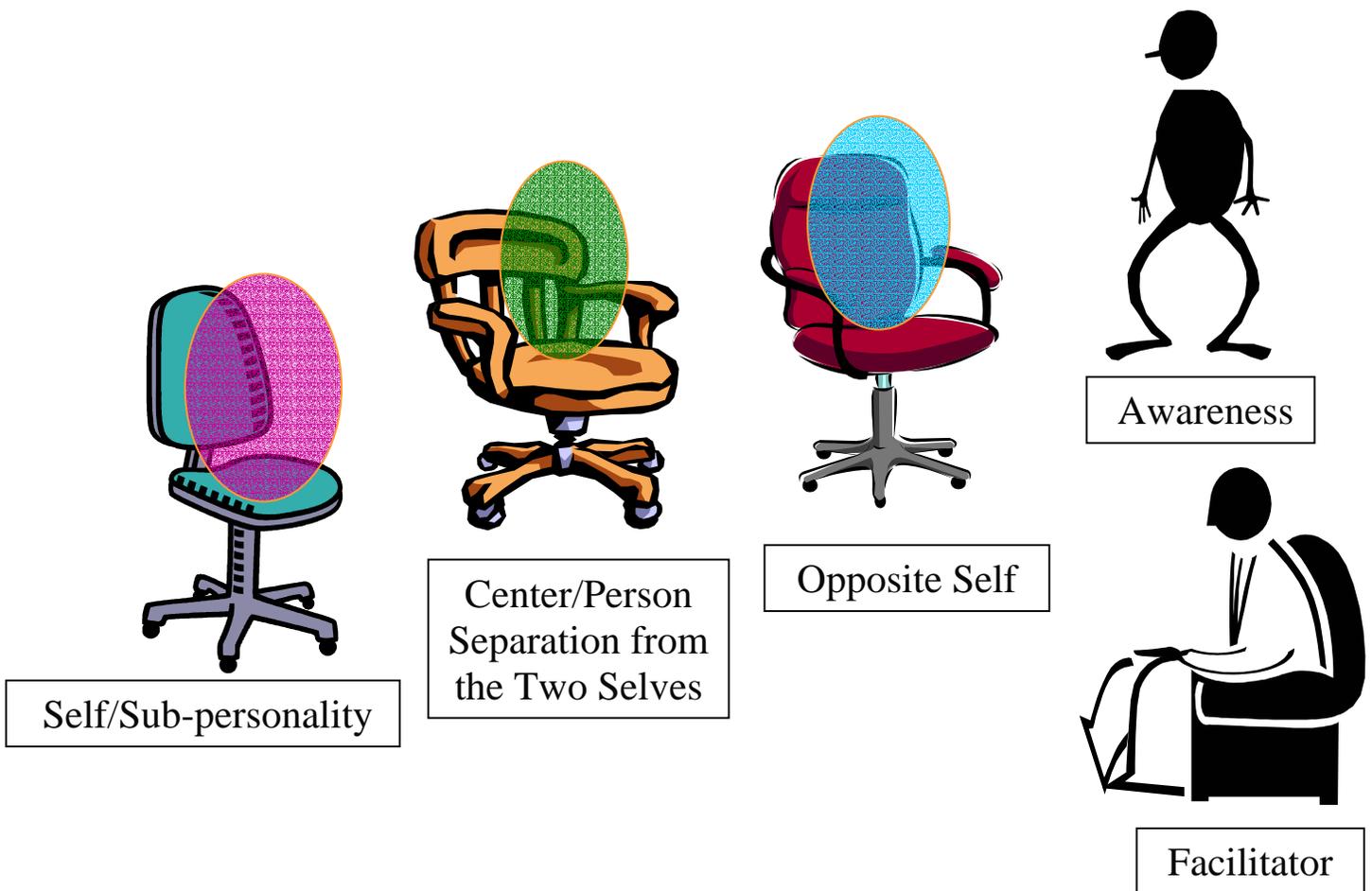
**Step Five: Separate & embrace the energy of the selves**

- \* Have the person move back into the center chair.
- \* The facilitator then guides the energetic separation from the opposite self.
- \* The facilitator then assists the person in separating and embracing the energies of the selves.



**Step Six: Experience the non-judgmental position of awareness**

- \* The facilitator may choose to do an awareness process in which the person stand far enough back so the person can observe the three places/chairs where the two selves were dialogued as well as the center chair. The facilitator then summarizes the Voice Dialogue session while the person witnesses and experiences the memory of the Voice Dialogue session from a non-judgmental position of awareness.



## Step Seven: Integration of the Voice Dialogue session

- \* As the final step in the Voice Dialogue session, the facilitator has the person move back to the center chair between the two selves while our awareness retains the memory and learning of the experience and the facilitator debriefs the Voice Dialogue session.

