

Mobius Conversation Checklist

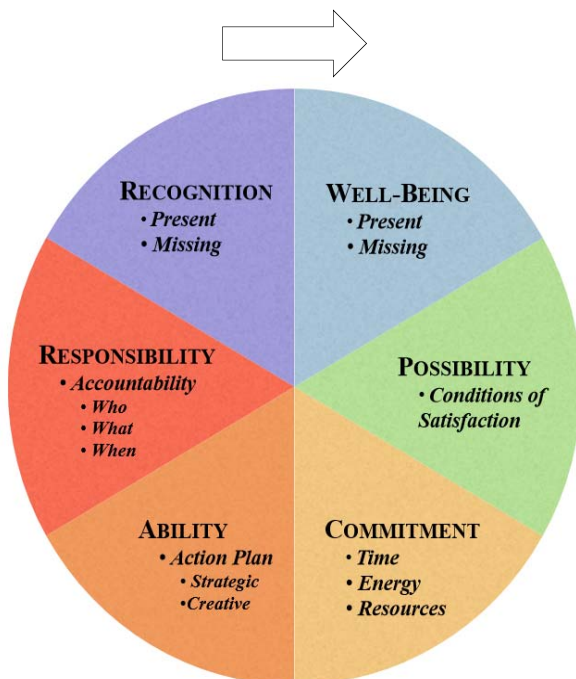
When You Are The Speaker

- I'm aware of my blame and judgements.
- I am aware of how I feel.
- I take responsibility for the relationship.
- I strive to be clear, gain clarity.
- I start with what's present.

When You Are The Listener

- I'm aware of my blame and judgements.
- I am aware of how I feel.
- I take responsibility for the relationship.
- I repeat back to the speaker in their words.
- I allow the speaker to rephrase, add, get clearer in the conversation.
- I check to see if they feel understood.
- I close with asking if there is anything else they would like me to understand.

Mobius Model



Backwards Conversation

