

# Dialectics Checklist

Are you ready to practice dialectics in action? When you're faced with a situation and you're looking to think dialectically, follow this checklist. Take note of whether each step helped!

## ASK YOURSELF THE FOLLOWING QUESTIONS, AND CHECK THEM OFF AS YOU MOVE DOWN THE LIST.

- Have I consciously stepped into Wise Mind?
- Have I looked for another explanation?
- What are some possible other explanations for what is happening right now?
- Have I avoided using extremes in my language about the situation?
- Have I looked for the positive in a negative situation?
- Have I explored the other side by playing devil's advocate?
- Have I looked for balance by exploring the truth on both sides?
- Have I treated others the way I wish to be treated?
- Have I looked for common ground with others?
- Have I actively looked for ways that things are connected?
- Have I allowed myself to embrace change?
- Have I practiced Radical Acceptance to help embrace this change?
- Have I practiced making small changes in my life?
- Have I allowed myself to notice how my actions affect others?
- Have I allowed myself to notice how others' actions affect me?
- Have I avoided placing blame?
- Have I reminded myself that we all control our own behaviors?

**BONUS:** Rate the helpfulness of each question on the list as you go through so you know what questions are particularly helpful to you!