

Five Ingredients to Dialogue

Freire describes **dialogue** as the means by which people encounter each other, mediated by the world (of their experienced reality), in order to name and transform the world. He names five ingredients for true dialogue to be able to take place:

1. The starting point is one of **profound love** for others and the world. To be able to commit oneself to liberation and enter into dialogue one must love others deeply.
2. **Humility** (as opposed to arrogance or superiority) must exist for dialogue. One must respect the experience of others and their ability to reflect and act.
3. Dialogue also requires an intense **faith in humankind**, in our shared power to make and remake, to create and re-create.
4. One needs **hope**. It is futile to be involved in dialogue if one expects nothing to result from it.
5. Dialogue involves **both critical thinking and action**: thinking that perceives reality as process, as transformation, rather than as a static entity.

Both action and reflection are essential ingredients of praxis. The process is incomplete or unbalanced if one or the other is missing or underutilized:

<p>Action + Reflection = Praxis Sacrifice of Action = Verbalism Sacrifice of Reflection = Activism</p>
--