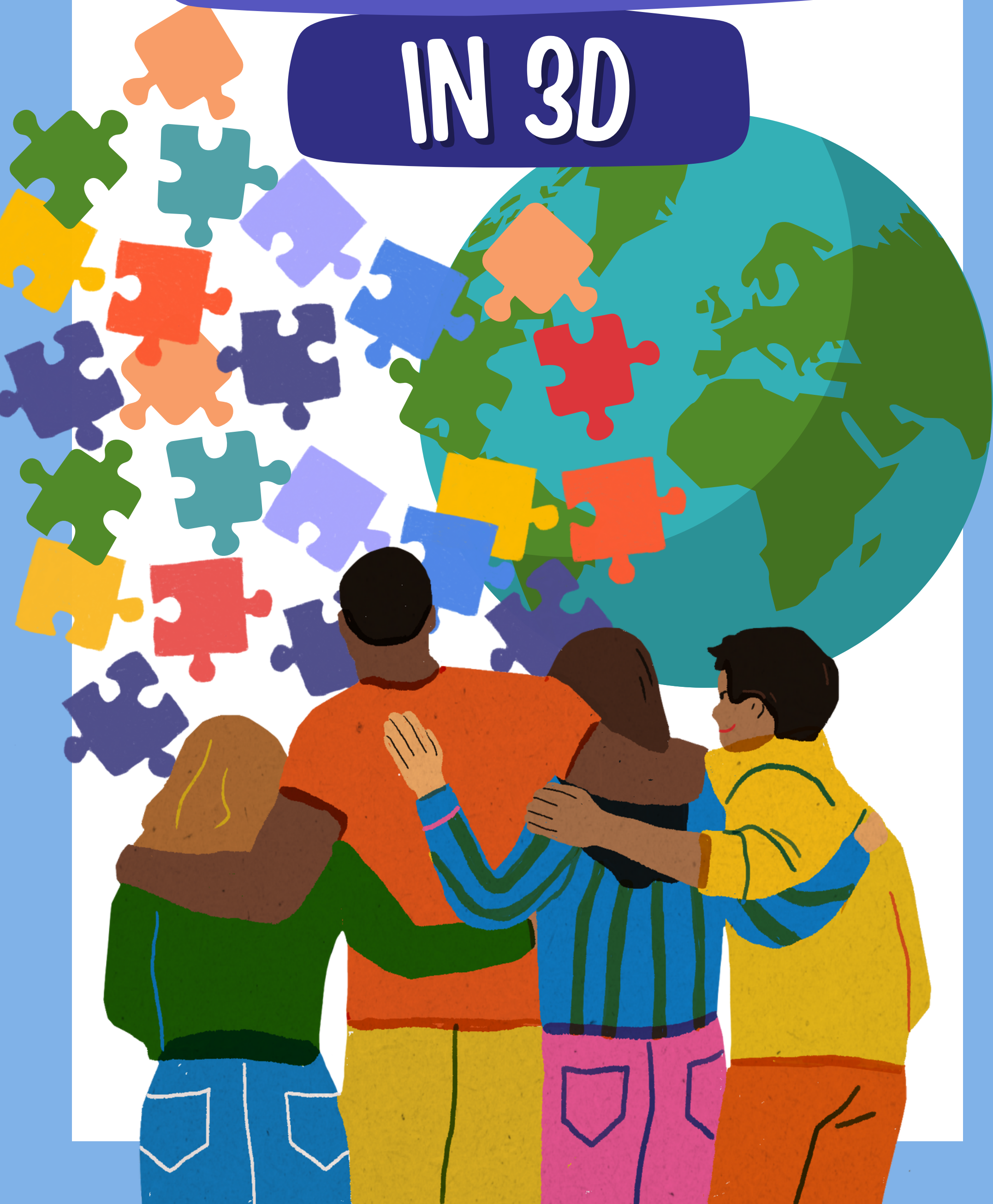


3D

T.H.I.N.K

IN 3D





T.H.I.N.K

IN 3D

T: TAKE A PAUSE

Give yourself a moment to process before responding.

H: HEAR THEM OUT

Focus on what they're saying and why they're saying it.

I: INTROSPECT

Check-in with your emotional state and capacity:

Where am I? How am I? Can I?

N: NAVIGATE OPTIONS

Explore alternative ways to respond and their potential impact.

K: KEEP YOUR PEACE

You can respond in a way that best suits you in the situation.

REMEMBER!

Don't give up when things get hard—stay strong, adapt to changes, and push forward.

FOR MORE INFO

Visit the 3D Centre website:

<https://vu.nl/nl/over-de-vu/organisaties/3d>

T.H.I.N.K TOOL

FOR LEARNERS

WHO?

For students and participants who are interested in participating in a dialogue and becoming more aware of the power of language. T.H.I.N.K will remind you what you can be aware of when you join a conversation.

WHAT?

T.H.I.N.K. is a step by step dialogic tool designed to help speakers handle conversations more efficiently. Each letter represents a specific step:

“Take a pause”, “Hear them out”, “Introspect”, “Navigate options”, and “Keep your peace”.

It is a simple way to slow down, check in with yourself, and respond calmly and constructively.

WHY?

We all know how tempting it can be to take the "easy" way out by reacting impulsively, especially when conversations become emotional or tense.

That's why we created T.H.I.N.K. to help you stay grounded, understand the other person's perspective, and choose a response that truly feels right for you. T.H.I.N.K. is about fostering calmer and more thoughtful communication that supports a healthy dialogue, where everyone feels safe, heard, and encouraged to share their ideas.



3D

HOW?

In the heat of a conversation, it can be easy to react impulsively. Instead, take a moment to pause and gather your thoughts before responding.

This brief pause will help you to shift from automatic reactions to more mindful, thoughtful responses. It's an opportunity to center yourself and approach the dialogue with intention.

During that pause, use the T.H.I.N.K. tool to guide your reflection. Consider the five steps. This reflection ensures that your words are intentional and that you're engaging in the conversation with a clear and open mind.

After reflecting, proceed with the conversation, staying mindful of your response. Use the insights gained from your reflection to guide your words and tone.

The goal is to continue the conversation in a way that promotes understanding, keeps emotions in check, and encourages a constructive exchange of ideas. By remaining calm and focused, you'll help maintain a productive dialogue, even in challenging or sensitive situations.

WHERE/WHEN?

In everyday life, we can rely on T.H.I.N.K. to help us navigate the small and not-so-small conflicts, disagreements, or misunderstandings.

In situations where we care and where we want to be mindful about what we say, it can guide us in making intentional choices in how we communicate.

T.H.I.N.K TOOL

FOR MODERATORS

WHO?

T.H.I.N.K. can be useful for dialogue trainers, dialogue hosts or moderators guiding the dialogue to create mutual understanding between participants from different backgrounds.

WHAT?

T.H.I.N.K. is a step by step dialogic tool designed to help speakers handle conversations more efficiently. Each letter represents a specific step:

“Take a pause”, “Hear them out”, “Introspect”, “Navigate options”, and “Keep your peace”.

It is a simple way to slow down, check in with yourself, and respond calmly and constructively.

WHY?

Dialogue is a theoretical construct, but it is also a practice. It shows us a way to engage with each other in a considered, safe way. But this requires practice and a tangible, step-by-step approach.

This is what T.H.I.N.K. can offer in settings when dialogues are being held, taught, or supported:

An accessible, straightforward, step-by-step tool to guide people through conversation.

HOW?

Before diving into the conversation, it's essential to set the tone and explain the purpose of the dialogue and how T.H.I.N.K will be integrated. Help participants understand the reason for the discussion, the desired outcomes, and the importance of mutual respect and understanding. By framing the conversation, you prepare participants to engage meaningfully and with an open mind.

Introduce the T.H.I.N.K. tool to your participants as a framework for guiding their dialogue. Explain that it's a simple, step-by-step process designed to help everyone take a moment to pause and reflect before responding. Walk them through the five steps. Make sure participants understand that the tool is a guide for fostering more intentional, thoughtful, and respectful dialogue.

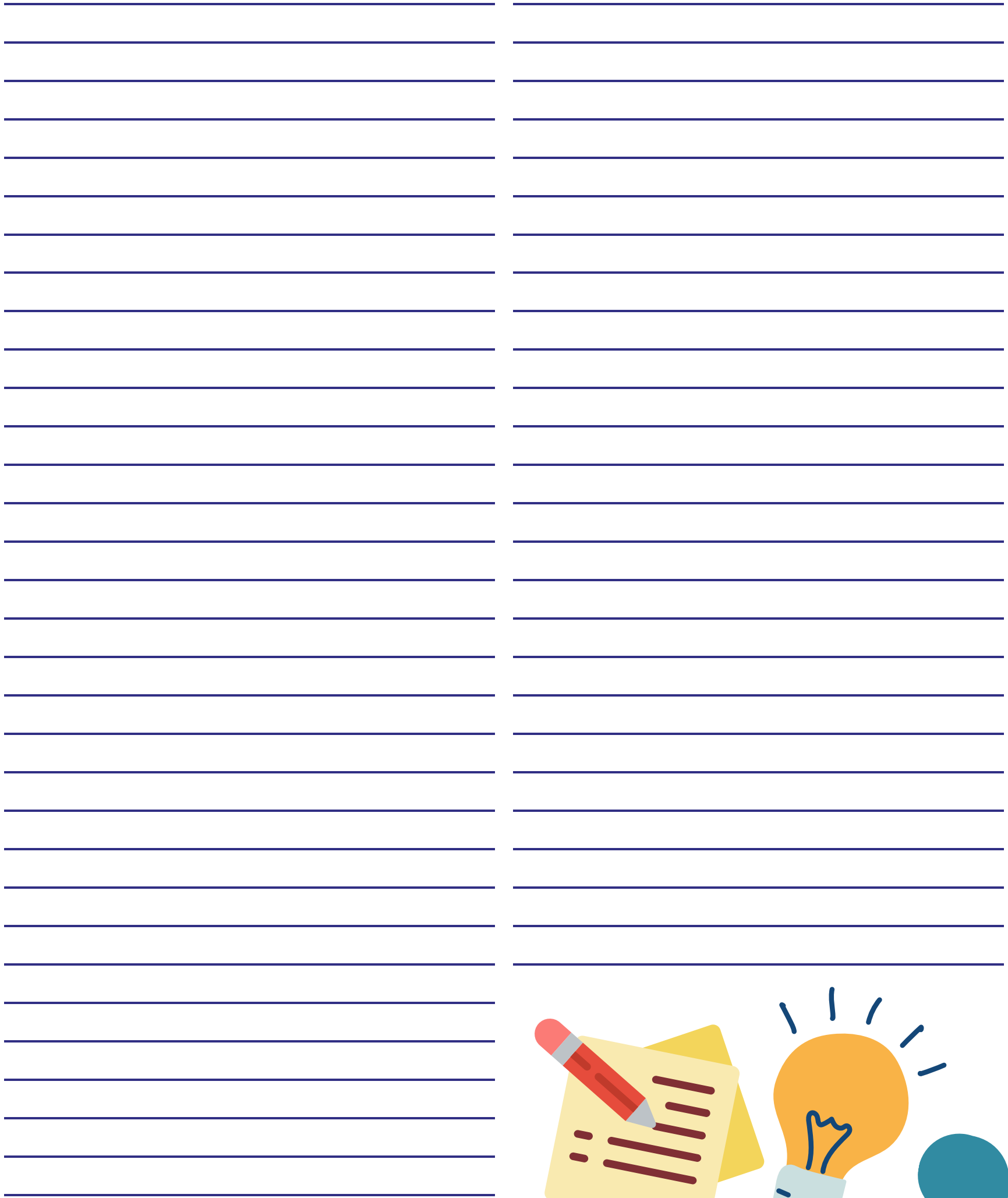
To help participants fully grasp the tool, demonstrate how it works in practice. You can role-play a short dialogue where you model the use of the T.H.I.N.K. tool. Be sure to walk through each step, showing how taking a pause and being intentional in your responses can create a more productive conversation. Once participants see the tool in action, have them practice it in small group exercises or workshops. Encourage them to use the tool as they engage with each other, providing feedback and support as they implement it.

WHERE/WHEN?

T.H.I.N.K can be applied as a teaching tool: in workshops, theoretical courses and practical communication training. It can also be practically implemented during organised dialogues in order to encourage constructive conduct from participants and an overall more satisfying outcome.



NOTES





T.H.I.N.K IN 3D

How T.H.I.N.K. came to be

There are many ways to have dialogue, and it can be helpful to have a simple and accessible tool to reach for when we found ourselves in a disagreement. One such tool is the acronym T.H.I.N.K.. Its purpose is to help us engage in a more meaningful, intentional, and mindful way with each other, especially in situations of disaligning interests, opinions, or values.

T.H.I.N.K. was developed by a group of master's students who organised a workshop in the Spring of 2025 in collaboration with 3D. Combining research from dialogue studies and conversation analysis, the workshop highlighted different angles based on everyday situations in which dialogue can be done, and practice the balancing act that is constructive disagreement, but without the burden on individuals to be the keepers of peace.

For more information visit the 3D website:

<https://vu.nl/nl/over-de-vu/organisaties/3d>

