

FROM  
The Promise That  
Changes Everything,  
*I Won't Interrupt You*  
BY  
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# The 10 Components

"Independent thinking doesn't just happen. This quality of thinking arises... only if the conditions are welcoming."

## Attention

Listening without interruption and with interest in where the person will go next in their thinking

## Equality

Regarding each other as thinking peers, giving equal time to think

## Ease

Discarding internal urgency

## Place

Producing a physical environment - the room, the listener, your body - that says, 'You matter'

## Difference

Prioritising diversity of group identities and understanding their lived experience

## Appreciation

Noticing what is good and saying it

## Information

Absorbing all the relevant facts

## Encouragement

Giving courage to go to the unexplored edge of our thinking by ceasing competition as thinkers

## Feelings

Welcoming the release of emotion

## Incisive Questions

Freeing the human mind of untrue assumptions lived as true