

10 TIPS FOR NAVIGATING THE POLITICAL DIVIDE

1

Establish common ground with the other person. Look for similarities - not just differences - with others.

2

Consider other points of view. Let go of thinking that you own the only truth.

3

Recognize that others may have something to teach you. Be curious!

4

Ask yourself: How can I say what I want to tell them in a way that they can hear it?

Take care of your own wellbeing ahead of time. Prepare yourself for the conversation. Reflect on potential triggers that may escalate you.

5

6

Contain the conversation between you and the other person. Avoid audiences and opportunities for grandstanding.

7

Show conversational receptiveness by avoiding an argumentative tone and using words of acknowledgement.

8

Try to identify the underlying needs and values that are important to the other person and drive their position on the topic. This helps us connect as human beings even if we don't agree.

9

Work on trying to be thoughtful instead of trying to prove that you are right.

10

Do what you can to really listen to the other person. Listen without thinking about how to respond or argue your perspective.

TALKING ACROSS

THE DIVIDE

Demonstration of Argumentative Tone

1. You have no idea what you are talking about...
2. You can't force your political views on me!
3. You don't care about...
4. Going forward, that will inevitably cause...
5. But, you aren't considering...

Conversational Receptiveness

1. We have very different perspectives on this...
2. I would appreciate it if you could consider my views.
3. What seems to be important to you is...
4. Going forward, that might cause...
5. I think we both want...yet we perceive...differently.

Questions that Show Curiosity

1. I had never considered that perspective. How did you land there?
2. Would you mind sharing more about what that means to you?
3. How do you see it? I know we have different opinions, so I'd appreciate learning more about your point of view.

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