

CONTEMPT, DIVISION AND (RE)FINDING HUMANITY DURING THE ELECTION SEASON

Political discussions can bring out the worst in us. Yet, people regularly say they miss the opportunity to truly engage around important issues. Try asking yourself these six questions to help you reflect on your approach and engage more thoughtfully.

A REFLECTION GUIDE

- What is my intention in this interaction?
- Am trying to understand or am I trying to win?
- Can I hold someone accountable while still holding on to them?
- Do I understand the context for their statement or am I making an assumption about what they believe?
- Am I remembering the power of both/and rather than defaulting to either/or?
- Are my reactions rooted in remembering the humanity of my "opponent"?