

Strategies for "Living Room Conversations"

Here are a few tips you can carry with you into any conversation, and use especially when you engage in *challenging ones*:

- ▶ Listen with curiosity for understanding.
- ▶ Speak from your own authentic experience with humility.
- ▶ Connect to others with respect.
- ▶ *"Where have you seen that in your life?"*
- ▶ *"Can I share an experience I've had around this?"*
- ▶ *"Thank you for sharing that article. Which part really made sense to you?"*

"Learning from one another is how we move forward in a positive, more compassionate world."

Adapted from: <https://www.usatoday.com/story/opinion/2023/04/17/national-week-conversation-how-fight-toxic-polarization/11658802002/>

Be part of the solution

