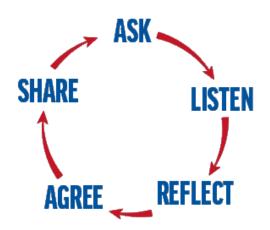
Radical Civility 101 Summary of Training



ASK curious questions
LISTEN to understand
REFLECT back what you hear
AGREE with part of what is said
SHARE your perspective with a story

Although having political conversations with people who hold very different views can feel difficult and useless, there are compelling reasons to do it: compromise, comprehension, commonalities, etc.

Psychologically speaking:

- o People's behavior & beliefs are product of their environment/culture
- o We're all good rationalizers, don't believe that reason is on your side.
- o Beliefs are about meeting our needs (not really about reality).
- Staying calm is critical to staying clear-headed → aim for the growth zone

Focus on the process, not the outcome. Unlikely to persuade anyone in just one conversation. Many conversations over time build goodwill & openness.

Change your mindset:

Confront & Challenge our own biases.

Accept that none of us is rational.

Allow for exploration & Make it safe to ask questions/wonder Assume best intensions.

"This person has something to teach me."

Try to identify what needs the other's beliefs are meeting.

Help people meet their needs.

Zoom out on Politics, Zoom IN on Person

Civility	Advocacy	Relationship	Techniques
Respectful			Why? because it triggers
Compassionate			rationalization → How?
Open-minded			" is that right?"
Authentic			"sounds like you're really
Trusting			(emotion) about"
Honest			"So how do you see this
Humble			resolving?"
Curious			

More info: Smart Politics joinsmart.org (Dr. Karin Tamerius)
Heineken Commericial: https://youtu.be/_yyDUOw-BIM