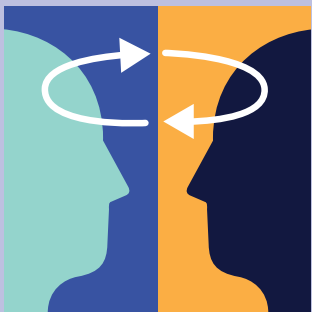


Silence

When a conversation is difficult, it might be one worth having. Silence is rarely an effective strategy for social change, and can often lead to complicity in perpetuating additional harm.

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Sincere and meaningful listening can create the space for empathy. Effective communication is a life skill that we all need to develop, for our personal relationships and our engagement/cooperation as global citizens.



Pause

Allowing people to be heard in a profoundly deep way creates space for a new civility.

Build your ability to empathize by trying on another world-view, or putting yourself in someone else's shoes.

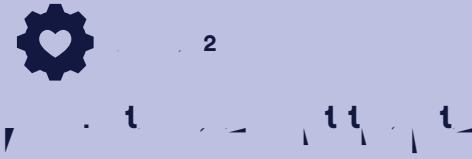
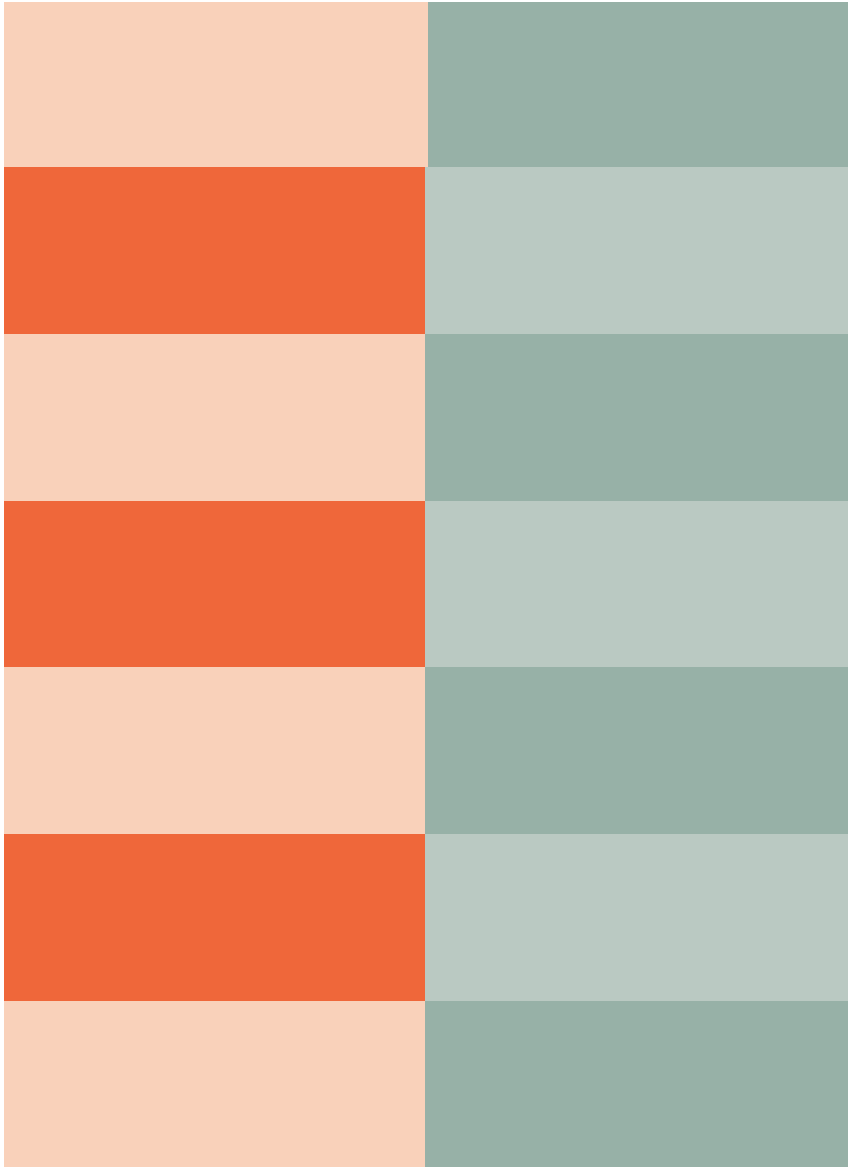


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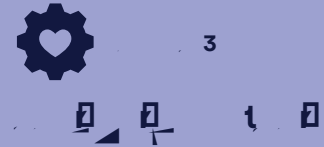


Also, in a difficult conversation, remember that you can pause and take deliberate steps towards modeling behaviors that will plant seeds of understanding, even if resolution seems unlikely in the moment.

Select one of the "do" tools listed on the following page, to practice intentionally this week. Notice when you are using a "don't" and intentionally switch to a "do."



If you sense ongoing engagement





What changes did you notice in your experience when practicing with the tool to stay in important conversations?



Did you notice challenges while practicing with this tool? If so, what did those challenges feel like in your mind and body?



What are some signs for you that it is time to step away or out of a conversation?