

The Coronado Democratic Club **General Meeting Program** Saturday, January 13, 2024 How to Talk Politics with People With Whom You Disagree **Presented by Marc Meyer, Director of Operations National Conflict Resolution Center** 



How To Talk Politics With People With Whom You Disagree

Marc Meyer, Director of Operations National Conflict Resolution Center



### CURIOSITY AND RESPECT FOR SOMEONE ELSE'S VIEWS ARE THE FOUNDATION FOR BRIDGING THE POLITICAL DIVIDE.

- TANIA ISRAEL, PhD UC Santa Barbara, Beyond Your Bubble

NCRC

#### AMERICA'S HIDDEN POLITICAL DIVISIONS The Spectrum of Political Beliefs in the U.S.

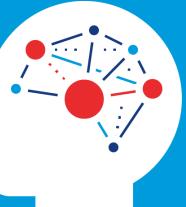
LIBERAL MINDSET THE EXHAUSTED MAJORITY 67% OF THE U.S. POPULATION

CONSERVATIVE MINDSET

Progressive **Traditional & Politically** Politically **Traditional & Devoted** Moderate Activists **Passive Liberals** Disengaged Conservatives 8% 15% 26% 25% 26% NCRC

### TYPES OF COGNITIVE BIASES THAT BLOCK OUR ABILITY TO DISCUSS HOT TOPICS

In-group Bias ~ favoring one's own group particularly over other groups (Dictionary of Psychology)



#### **Polarization Bias** ~ overestimating the level of disagreement between oneself and members of opposing political groups

 overestimating the prevalence of extreme beliefs within other groups. (Research by Dawn Chow and Jeffrey Lees)



### Controversial Topic Round One

**All homeless** people should be forcibly removed from their encampments on the streets.



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#### THE ARTFUL CONVERSATION



### **ACTIVE AWARENESS**

### **Respond Respectfully**

### **ROUBLESHOOT TOGETHER**





**Recognize Style Differences** 





Acknowledge without agreeing





### Look for mutually beneficial solutions End on a positive note



### Controversial Topic Round Two





### **ACTIVE AWARENESS**

- Identify underlying needs
- Check your bias and your ego
- Recognize style differences ightarrow

### **RESPOND RESPECTFULLY**

- Active Listening
- Ask open ended questions
- Acknowledge without agreeing

### TROUBLESHOOT TOGETHER

- Tell your perspective in a non-confrontational way
- Look for mutually beneficial solutions
  End on a positive note



## TIPS FOR DIALOGUE

Let go of believing that you own the only truth about the situation.

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



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

Do what you can to really listen to the other person. As much as possible, show genuine curiosity about what led them to their opinion of the situation.

> Take time to ground yourself before talking to the person.





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

Acknowledge that you have a right to your feelings and that it is okay for you to be upset. By doing so, you will be able to move through your own emotions better. Then, you will be able to accept the other person's reactions.

### 3

Let go of believing that you own the only truth about the situation.

### 4

Recognize that ignoring or attacking the other person rarely gets you what you really need.



Do what you can to really listen to the other person. As much as possible, show genuine curiosity about what led them to their opinion of the situation.



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



Know this: Almost all conflicts have their basis in an underlying need not being met (respect, acknowledgment, acceptance, fairness, etc.) The more you can communicate your needs, instead of your complaints, the better off you will be.

8

Take time before you talk. It is hard to think clearly when one is angry.

### 9

Don't be afraid to acknowledge responsibility for any mistakes you might have made.

Also acknowledge what the other person is right about.

These gestures go a long way to build momentum in moving forward.

# 10

No matter what you are doing to de-escalate the situation and no matter what the other person may be doing that might escalate it, always come from a place of respect, understanding and humility.



### MORE INFORMATION?

### **Contact:**

Marc A. Meyer, Director National Conflict Resolution Center

MMEYER@NCRCONLINE.COM

### Visit: NCRCONLINE.COM



