



# Strategies For Being A Force For Better Dialogue

Listen to Episode 2, air date November 4th, 2022, online at [wfdd.org/letstalk](http://wfdd.org/letstalk) and incorporate these strategies into your conversations.

## I. Keys to being a force for dialogue

- Shift your focus from being understood to understanding the other person.
- By demonstrating curiosity (see tips below) change the conversation from battles of facts in your heads to the sharing of stories that come from the heart.
- If the other person starts reciting media talking points, express appreciation for their news consumption habits (even if you don't respect their news sources), then ask again for their experiences.

## II. Three examples to express curiosity and shift the conversation to experiences.

- Could you tell me about an experience you had that re-affirmed your point of view on this?
- I would love to hear about when you first started seeing the issues like you do and some experience that happened that influenced your thinking at the time.
- Please tell me about how your views of this issue have solidified evolved over time and things you experienced that have affected how your views have evolved.

## III. Summary of critical steps to manage conversations with divergent opinions

### Reflect

Take a moment to purposefully take steps to calm yourself down. (See Empathetic Listening worksheet from Episode 1) Remember, if you are trying too hard to change them, your chance of success will actually go down.

### Ask

Request that they tell you a story of a personal experience that will help understand how they came to their conclusion that you disagree with.

### Connect

Convey to the other person a story that they are likely to have some resonance with.

### Expand

Try to broaden their awareness by telling a story that helps them understand why you came to your perspective about the topic at hand.

**Some people use the acronym R.A.C.E. to remember the sequence of steps, which can be used on a wide variety of both interpersonal and social issues.**