



# Shifting from a Debate Mentality to a Dialogue Mindset

Listen to Episode 3, air date December 2nd, 2022, online at [wfdd.org/letstalk](http://wfdd.org/letstalk) and incorporate these strategies/skills into your conversations.

To shift from a debate mentality into a dialogue mindset, it is important for us to think differently about the conversation, the other person, and ourselves.

Attitude about	Debate mentality	Dialogue mindset
<b>The conversation</b>	I am reacting naturally with the best ways to make my points.	I am consciously managing the conversation in an attempt to keep it going in order to create mutual understanding.
<b>The other person</b>	They need to be corrected to see my point of view - which is correct.	They likely have a perspective containing at least one thing I can learn from.
<b>Yourself</b>	I am a source of wisdom, truth, and correctness.	Even though I am wise, I am still open to ideas. I can learn.

## Compassion boosters: some examples

- Vinegar dump - go to a private place and let out any negative feelings.
- Imagine how the other person will report on the conversation.
- Conjure a mental image of the other person as a child.
- Imagine the other person being successful in something they care about that you support.

## Things to do in the conversation: some examples

- Be honest about your nervousness about the conversation.
- Verbally own up to regrettable behaviors you've displayed with others similar to them that you have disagreed with previously.
- Commit mentally - and even verbally - to better behavior, without expecting others to do the same.
- Verbally commit to looking for logic in the other person's perspective, even though you might not see it immediately.