



How to Improve Your Mindset: Political Conversations

This worksheet will help you shift the mindset you take into a political conversation so that you can have more productive discourse and narrow the gaps between the party lines.

Think of the last time you had a political conversation.
Describe how it felt.

What points did you make? What points did the other person make? Did either of you sway the other's opinion?

If you were both just throwing "facts" at each other, what could you have done instead?

What commonalities do you think you have with this person?



What questions could you ask to find more commonalities?



What sources did you get your "facts" from? Do you think these are reliable sources? Why or why not?



What are a few other sources you could use?

A few suggestions:

- Politifact: [politifact.com](https://www.politifact.com)
- Snopes: [snopes.com](https://www.snopes.com)
- Pew Research Center: [pewresearch.org](https://www.pewresearch.org)

What are "opposing" sources saying?

Even if you don't necessarily agree with these "opposing" sources, what can you learn from them? Did they point out something you should research?

Keep Deliberately Thinking These Thoughts Until They Start Coming to You Naturally. In the meantime:

- Take a deep breath, & hold your tongue if you have nothing productive to say.
- Find one thing you agree with the other person on.
- Build on that one thing - or - if you really can't find anything you agree with, just be quiet and move on with life. 😊