

Building Skills for Dignified Disagreement

Honoring someone's dignity can be difficult, especially when situations get **heated**. Follow these steps when stress rises – and join the movement of Americans **easing divisions, preventing violence, and solving problems** by choosing dignity over contempt.



Be curious, not furious

When there is a disagreement, approach it with curiosity, using language that invites dialogue.



Regulate then debate

When you start to get upset, pause and take a breath before speaking.



Listen to hear, not to respond

Really listen to the other person and consider summarizing briefly what you heard.



Challenge ideas, don't attack people

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Acknowledge knowledge

When someone else makes a logical or interesting point, acknowledge their point.



Build up rather than tear down

Advocate, explain, and build up your idea rather than just attacking others' ideas and/or dehumanizing people.

Adapted from The Dignity Index

Learn more at <https://www.dignityindex.us>