BRICKIE CONNECTIONS

BRICKIE TIP #21: Disagreeing Without Being Disagreeable

You can disagree without being disagreeable. -Ruth Bader Ginsburg

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We can agree to disagree without judging or belittling. Think of a time that you disagreed with someone. Write down thoughts and feelings you experienced.
Use "I messages" to express yourself.
Thoughts: _____
_____
Feelings:
_____
_____
When you disagree with others, they too have feelings and thoughts about the situation. Next time you have a disagreement, take time to write down your thoughts and feelings. Then share those with the other person. Listening to understand the other person is the key, so allow them to express their thoughts and feelings using "I-Statements"

The next step is to problem solve the situation and find a common resolution.

Use your Growth Mindset: Next time you have a challenge, what can you do differently?

My Thoughts & Feelings

Our Thoughts & Feelings