

On Your Own: Cultivating a Slight Attitude Shift

Play with the reframes in the table below.

When you find a reframe that your gut tells you is wrong, sit with that feeling and try to figure out what specific judgement you are making about them and what it would take to let go of it.

Original Thought		With a New Attitude
They are addicted to fake news	→	Some of what they are saying sounds like fake news to me.
They can't tell fact from opinion.	→	It sounds like they may be mixing up facts and opinions.
Their sources are biased.	→	I don't really trust their sources.
It is so sad that they believe those lies.	→	Their narrative is really different from mine.
They are brainwashed.	→	I wonder why they think that.
They haven't done any fact-checking.	→	I wonder if they've done any fact-checking.
How can they be so blind? So stupid?	→	I wish they had more of the facts I have.
They aren't listening to me.	→	I am not convinced they understand what I'm trying to say.

Activity 1: How are You Using Facts?

1. Think back to some recent political conversations you were in.
2. Write down 3 to 4 facts you presented or thought about.
3. Say why each came up and how you presented/thought about it.

Fact	Why it came up	How you presented it OR how you thought about it

Activity 2: Assessing Your Unique Perspective

1. Choose one of the facts you listed in the previous exercise.
2. Zoom out to see and appreciate the fact that it and the rest of your facts about issue form a small subset of all the facts that relate to this this particular issue.
3. Take a few minutes to answer the following questions:

Which fact did you choose?

What issue does it relate to?

How do you think about this issue? (economics, freedom, concern for people, etc.)

Whose needs to you worry about the most?

What timeframe are you considering?

How will you judge the effectiveness of a solution?

How important is this fact to your position on the issue?

Activity 3: Finding Core Facts

- 1) Think of someone you know who tends to disagree with you politically.
- 2) Pick a topic you and that person might someday want to explore.
- 3) Use the questions below to help you identify several facts that you suspect your view of the issue hinge on.
 - a) What evidence supports your opinions?
 - Specific pieces of data?
 - Statistical trends?
 - b) What have you seen or heard about that led to your opinions?
 - A single event?
 - A series of events or actions?
 - Policy?
 - c) What have you read that led to your opinions?
 - Someone's theory?
 - Your own assumption?
- 4) Looking at the "facts" that you listed as supporting your opinions, ask yourself if you would reconsider your position if:
 - a) For data – it was wrong.
 - b) For a trend – it was misrepresented
 - c) For an event – it didn't happen the way you thought.
- 5) What have you heard from the other person that, if true, might convince you to explore the issue from additional angles?
- 6) What facts would impact how you both see the issue?