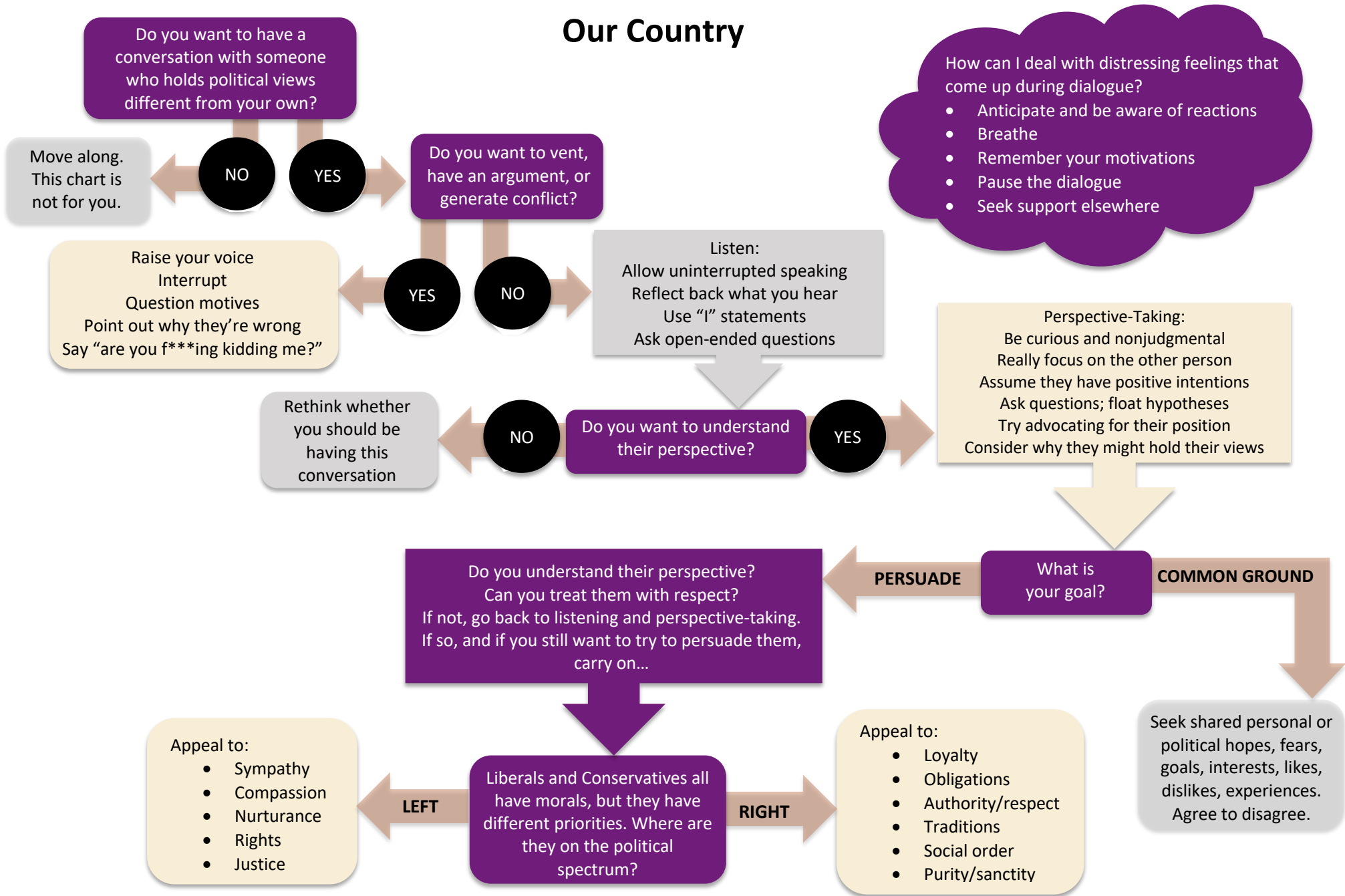


The Flowchart That Will Resolve All Political Conflict in Our Country



How can I deal with distressing feelings that come up during dialogue?

- Anticipate and be aware of reactions
- Breathe
- Remember your motivations
- Pause the dialogue
- Seek support elsewhere