

***Bitesized Belonging: How to have conversations with people you fundamentally disagree with.***

Let's be honest, we live in a tumultuous world full of many, strong points of view. Many of these points of view are often in stark opposition or contrast to the views of many others. Which means it can be incredibly difficult to have conversations with people whose views we do not share. Or worse, whose views we actively find to be counter to our own views.

Learning to have conversations that are practical, grounded, calm, and respectful is incredibly important. As we become more culturally competent and aware of the nuances that exist between identities and communities, we should also focus on how to have difficult conversations in the workplace without sacrificing our beliefs or decorum.

**Exercise:** *Review one of the resources below. Take some time to consider what folks are trying to say about communication, arguments, etc. Then decide on one habit, trip, trait, or activity that you will begin employing in your conversations. Practice makes perfect so start using that learning today so when difficult conversations spring up, you're already prepared!*

**Resources:**

[11 Tips for Talking to Someone You Disagree With](#) (Psychology Today)

[How to Talk to People You Disagree With](#) (The Science of Happiness Podcast)

[How to Talk to People Even if You Disagree](#) (Reader's Digest)

[How to Listen to Someone You Disagree With](#) (Crucial Learning Video)