How to Talk to an Adversary, With Respect

1. Start with an attitude of wanting to understand, not persuade.
    - Remind yourself that being curious does not mean you have to abandon your beliefs.
    - Remind yourself that every person has good reasons for what they believe. There is a story behind every conviction. Ask about their stories.

2. Speak from your own experience. Tell your own story.
    - While people can argue about theory, morality, or science, no one can argue with your experience; your story.
    - Don't try to speak for other people, especially the person you are talking to. Say what you think and feel. Tell your story.

3. If stuck or angry: ask a question.
    - When you are infuriated and want to fight back or dejected and want to flee, don't do either. Pause. Breathe. Pray silently for help.
    - When you don't know what to say, think of a question to ask; any question that's a real question (not an accusation in the form of a question).

4. If you want to achieve agreement, establish common ground.
    - Figure out what you both want; what interests you have in common. Agree on that before anything else.
    - Once a common goal or vision is established, then you can talk about how to achieve it. Listen and share all ideas. Be on the same team trying on solutions.
    - Be truly open minded to new ideas and approaches.

5. Demonstrate respect and gratitude. Always.
    - Hold in your heart the belief that you are not better than the other person.
    - Be humble.
    - Look up to the other person with respect and admiration. They have seen and done things that you can't even imagine.

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