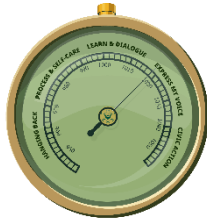


### Personal Election Reflections

- What have you noticed about your feelings and behavior in relation to the election? What have you noticed in those around you? What has surprised you?
- How do you impact others' anxieties and experiences around the election? Is this the impact you want to have?
- What assumptions do you find yourself making about people with different politics? How does that play out in the way you treat them?
- How could you prepare yourself to listen with genuine curiosity to your family and friends?
- Now that the election has passed, what do you see as your responsibility to be connected to and work with people with whom you disagree?

### Signal Your Interest: An Election Barometer

- It's okay to know where you are at with wanting or needing to process the election before engaging with others.
- Think about where you are:
  - Hanging Back
  - Processing & Self-Care
  - Learn & Dialogue
  - Express My Voice
  - Civic Action

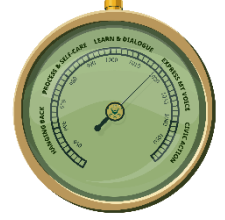


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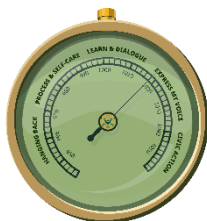


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### Reflection Guide in Conversation with Others

Engaging with others means being able and willing to do the work of both listening and sharing.

- In order for there to be understanding between people (who may disagree), what is the responsibility of the person listening / sharing?

What kind of conversation do I want to have?

- What would I need from others?
- What am I able to offer to others?
- What boundaries do I need to set?
- What spaces will be comfortable or not?

When engaging with others, remember to:

- **Clarify** what is being discussed
- Seek **Curiosity** to understand
- **Care** for Each Other
- What is the **Community Impact**



For more resources, visit:

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