

8

"Each one of us is born with inherent worth, so we treat everyone with dignity—no matter what."

7

"We fully engage with the other side, discussing even values and interests we don't share, open to admitting mistakes or changing our minds."

6

"We always talk to the other side, searching for the values and interests we share."

5

"The other side has a right to be here and a right to be heard. It's their country too."

4

"We're better than those people. They don't really belong. They're not one of us."

3

"We're the good people and they're the bad people. It's us vs. them."

2

"Those people are evil and they're going to ruin our country if we let them. It's us or them."

1

"They're not even human. It's our moral duty to destroy them before they destroy us."

THE **DIGNITY** INDEX

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POWERED BY
UNITE

DIGNITY PHRASES

DEFUSE CONTEMPT WHEN THINGS GET HOT...

“Can you tell me more about that?”

“Wow. I think just the opposite. Can you tell me how you came to that view?”

“Let’s figure out what we disagree on; it can’t be everything.”

“I want to hear what you think.”

“Can you tell me what I’m not getting?”

“Can you explain that to me?”

“How do you think we fix it?”

“That’s fascinating; I need to think about that.”

“Thanks for talking with me; a lot of folks won’t talk to people they disagree with.”

“If we talk long enough, we’re going to find out we share some values.”



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