

# Building Skills for Dignified *Conversations*

Let's practice ways we can honor someone's dignity, especially when we disagree.

♥ **Be curious,** *not furious*

Try to learn more about a person and their views.

♥ **Regulate,** *then debate*

When you start to get upset, pause and take a breath before speaking.

♥ **Listen to hear,** *not to respond*

Intentionally listen to understand the other person's beliefs.

♥ **Challenge ideas,** *not the value of the person*

Speak your truth and do it with dignity.

♥ **Acknowledge** *knowledge*

Recognize when someone makes an interesting or logical point.

♥ **Build up rather than** *tear down*

Advocate, explain and build up your idea rather than attack others' ideas.

To learn more, visit [dignityindex.us](https://dignityindex.us)

[Campaignforkindness.com](https://campaignforkindness.com)



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