



# Choosing People in Your Circle Whom You Might Engage

I. List at least 2 people - and as many as 6 - who tend to see social/political issues different from you. Think of people whom you have differences with that are notable, but you feel that you might be able to eventually have healthy dialogue with.

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

II. Now, order all of them from most to least on these three qualities:

- How much/frequently they tend to trigger you
- How open-minded they are in general
- How generally empathetic they tend to be towards people

LEAST Likely to Trigger You	
1	
2	
3	
4	
5	
6	
MOST Likely to Trigger You	

MOST Open-Minded	
1	
2	
3	
4	
5	
6	
LEAST Open-Minded	

MOST Empathetic	
1	
2	
3	
4	
5	
6	
LEAST Empathetic	

III. If this ranking sparks any new insights about who you might want to prioritize for practicing new dialogue skills, make a note of these insights. Then, place the potential dialogue candidates in the order that you think reflects the most likelihood of achieving success creating an encounter where you both feel heard and understood.

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_