



## TALKING ABOUT POLITICS, MONEY, OR RELIGION?

# 5 TIPS TO MAKE “HOT-BUTTON” CONVERSATIONS MORE PRODUCTIVE

- 1. Understand you're not always right, even though it really seems like you are.**  
Confirmation bias causes all of us to primarily notice evidence that supports our beliefs—and unintentionally miss opposing information.
- 2. Value opposing perspectives as a way to learn more.**  
Conversations with people who have different beliefs or values can help you see what you naturally miss. Be curious, not judgmental.
- 3. Try to assume best intentions.**  
It can be hard to hear opposing viewpoints, and it's easy to slip into viewing others as ignorant, biased, or evil. Give people the benefit of the doubt.
- 4. Stop to reflect more deeply when you feel strong emotions.**  
Strong emotions can cloud your thinking and signal there's a deeper value being triggered outside your awareness. Take a time-out to ask yourself, “What about this is making me feel so strongly?”
- 5. Prioritize the relationship over the topic.**  
If the other person is important to you, try to help them feel heard and to know that even if you disagree, you still care about them.