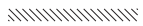


# BETTER CONVERSATIONS: BELIEFS & HABITS



Better Conversations Beliefs:

1. I see conversation partners as equals.
2. I want to hear what others have to say.
3. I believe people should have a lot of autonomy.
4. I don't judge others.
5. I believe that conversation should be back and forth.
6. I believe that conversation should be life-giving.

Better Conversations Habits:

7. Demonstrating Empathy
8. Listening With Empathy
9. Fostering Dialogue
10. Asking Better Questions
11. Making Emotional Connections
12. Being a Witness to the Good
13. Finding Common Ground
14. Controlling Toxic Emotions
15. Redirecting Toxic Conversations
16. Building Trust