# Disagree Well

**SD-B133 / STRATEGISTS · AGES 10–12**

State the other side of a disagreement so well the partner says yes, that's it.

**YOU NEED: Pencil, a partner, a low-stakes topic (pizza or pasta?)**

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|---|---|
| **ANALYZE** | Choose a harmless topic you disagree about. Each of you states your view in one sentence. |
| **CHOOSE** | Now swap. State the other person's view so well they say: yes, that is it. |
| **TEST** | Ask each other one real question about the other view. Write what you learned. |
| **REFLECT** | What reasons did you each have? Did anything change your mind? |

## TWO VIEWS

**MY VIEW**

**THEIR VIEW (IN MY WORDS)**

## Did they say yes, that is it?

**They said... I fixed:**

## A question I asked

**I asked**

**I learned**

# Disagree Well

**SD-B133 / GROWN-UP GUIDE · STRATEGISTS**

A little help beside the learner. Read this page first; keep the answers here.

### LEARNING GOAL
Practice restating another view fairly and asking real questions.

### BEFORE YOU BEGIN
You need: Pencil, a partner, a low-stakes topic (pizza or pasta?). Choose a low-stakes topic; avoid real conflicts when practicing.

### HOW TO GUIDE
Pick a topic with no real conflict, like food, games or movies. The rule is to restate the other view so well they agree you got it. Do not argue to win. Nobody has to change their mind.

### WHY IT MATTERS
Restating a view fairly is a core skill for discussion, negotiation and friendship. It builds trust even when people disagree.

### LOOK FOR THIS REASONING
Look for a restatement the other person accepts and a real question that shows curiosity.

### IF THEY GET STUCK
Ask: what reason would someone have for that view? Try the sentence 'You think that because...'

### MAKE IT GENTLER
State just your own view and ask one question.

### ADD A LITTLE STRETCH
Try a harder topic once you have practiced.

### A USEFUL STOPPING POINT
Try the same move next time a small disagreement comes up.