Studies show that sharing personal experiences can bridge the political divide more effectively than objective facts. Researchers found that focusing on personal experiences increased mutual respect and helped to overcome polarization.

Living Room Conversations, a group that works to heal society by connecting people across divides, has developed conversation guides on a wide variety of topics. We turned some of their political guides into conversation cards that you can use to facilitate productive conversations with your friends and family.

**Step One:** Cut out the cards and shuffle them (or, if you prefer, print out just the last page with all the questions listed).

**Step Two:** Agree as a group on some ground rules to set the tone for the conversation. Living Room Conversations recommends:

- Be curious and listen to understand.
- Show respect and suspend judgment.
- Note any common ground as well as any differences.
- Be authentic and welcome that from others.
- Be purposeful and to the point.

**Step Three:** Each person takes a turn drawing a card at random. No arguing allowed! Let people answer honestly and consider their point of view. You can have everyone answer the question before drawing a new card, or just the person who pulled the card.

**Step Four:** When the group is done answering the questions, everyone takes a turn saying how the conversation changed their perspective or what they found most meaningful or valuable from the conversation.
What core values do you think most Americans fundamentally agree on?

Where do you find news that you trust? Whose thoughts and opinions do you respect?

Do you belong to a political party? If so, what do you wish your party would change?

What is one bit of wisdom for getting along with people who are different?

What have you done to stay connected with people you care about who have different political perspectives?

What issue do you most wish we could solve together (even if it seems impossible)?

Do you feel it is your responsibility to hear opposing sides to an issue?
What are your expectations for your elected representatives or public officials?

Have you ever changed your mind or compromised on an issue you felt passionately about? How did that happen?

Is there a topic you shy away from because you feel the constraint of political correctness?

What assumptions do you make about people with different politics? Are you ever wrong?

What is your family's political identity? How did this shape your own political identity today?

How has the growing political divide in America affected your life?

What have you found helpful to depolarize politics among your friends and family?

On what issues are you experiencing a personal or collective sense of hope?

What are your expectations for your elected representatives or public officials?
Have you had a personal experience where free speech was inhibited?

Are you registered to vote? What led you to that decision?

How have you seen election results impact different groups in your community?

What underlying values or ethical beliefs have led you to your political beliefs?

How do you decide your vote on candidates and ballot issues?

What assumptions could others make about you based on your politics or social media posts?

What are you curious about or wish you understood about another party or viewpoint?

Have you had a personal experience where free speech was inhibited?
Do you feel that elected officials are serving your best interests? Why or why not?

Have you ever changed your mind or compromised on an issue you felt passionately about? How did that happen?

What would you define as “American values”? How are these unique to our country?

What is an issue that you believe could be addressed by first acknowledging shared values?

What do you wish someone else would do to address polarization? What can you do?

What does voting mean to you? How has that changed over the years?

Have you had any relationships damaged by politics? What is a first step you might take to repair them?

Do you see money in politics influencing elected officials and policy makers? Does it worry you?

Do you feel that elected officials are serving your best interests? Why or why not?
QUESTIONS

1. What core values do you think most Americans fundamentally agree on?
2. How do you demonstrate respect for others, while maintaining an ability to speak your mind?
3. Where do you find news that you trust? Whose thoughts and opinions do you respect?
4. Do you belong to a political party? If so, what do you wish your party would change?
5. What is one bit of wisdom for getting along with people who are different?
6. What have you done to stay connected with people you care about who have different political perspectives?
7. What issue do you most wish we could solve together (even if it seems impossible)?
8. Do you feel it is your responsibility to hear opposing sides to an issue?
9. Have you ever changed your mind or compromised on an issue you felt passionately about? How did that happen?
10. Is there a topic you shy away from because you feel the constraint of political correctness?
11. What assumptions do you make about people with different politics? Are you ever wrong?
12. What is your family's political identity? How did this shape your own political identity today?
13. How has the growing political divide in America affected your life?
14. What have you found helpful to depolarize politics among your friends and family?
15. On what issues are you experiencing a personal or collective sense of hope?
16. What are your expectations for your elected representatives or public officials?
17. Did you vote in recent elections? Why or why not? How do you feel about the significance of your vote?
18. Are you registered to vote? What led you to that decision?
19. How have you seen election results impact different groups in your community?
20. What underlying values or ethical beliefs have led you to your political beliefs?
21. How do you decide your vote on candidates and ballot issues?
22. What assumptions could others make about you based on your politics or social media posts?
23. What are you curious about or wish you understood about another party or viewpoint?
24. Have you had a personal experience where free speech was inhibited?
25. Have you ever changed your mind or compromised on an issue you felt passionately about? How did that happen?
26. What would you define as “American values”? How are these unique to our country?
27. What is an issue that you believe could be addressed by first acknowledging shared values?
28. What do you wish someone else would do to address polarization? What can you do?
29. What does voting mean to you? How has that changed over the years?
30. Have you had any relationships damaged by politics? What is a first step you might take to repair them?
31. Do you see money in politics influencing elected officials and policy makers? Does it worry you?
32. Do you feel that elected officials are serving your best interests? Why or why not?