

# Tips to handle difficult conversations during the holidays

SWIPE FOR MORE



## ***Agree to disagree***

Don't push your ideas too hard and don't try to convince others strongly. Instead, **recognise your differences.**

1

## ***Ask questions***

Gain insights **without pointing fingers.** Use non-judgmental language.

- "Can you tell me more about that?"
- "What makes you feel that way?"

2

## ***Don't take it personally***

When it's your turn, explain your feelings. **Focus on individual issues and stories,** avoiding finger-pointing or generalisations.

3

## ***Bring the focus back***

Return to the original topic if needed, this might help avoiding unnecessary arguments or getting off track into more difficult subjects.

4

## ***Take a break***

Recognise when you need a **break**, when you need to **walk away** to cool off, or when you want to **stop** or not enter the conversation

5

# Sources

## ***North Carolina for Community and Justice***

<https://www.nccjtriad.org/2019/11/25/7-tips-for-holiday-table-talks/>

## ***Psychology Today***

<https://www.psychologytoday.com/gb/blog/conscious-communication/201912/the-ultimate-guide-holiday-conversations>

## ***Do Something Org***

[https://assets.ctfassets.net/81iqaqpdf8fy/3c4kuRZBEBR5T8ZQOcL99J/cf471408dfa6167df2c9282b19fe3acd/Holiday\\_Conversation\\_Guide.pdf](https://assets.ctfassets.net/81iqaqpdf8fy/3c4kuRZBEBR5T8ZQOcL99J/cf471408dfa6167df2c9282b19fe3acd/Holiday_Conversation_Guide.pdf)

## ***CEJI pedagogical approach***

<https://ceji.org/what-we-do/diversity-education/>