

# LivingRoom Conversations

Respect. Relate. Connect.

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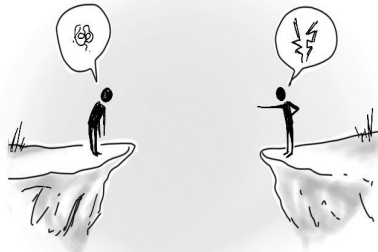
# It's All Their Fault!!!



*(Conversational)*  
Contortion Skills  
Required!



# The 3 “C’s” - Community, Conflict, Connection



Community: *Do you want to be my neighbor?*

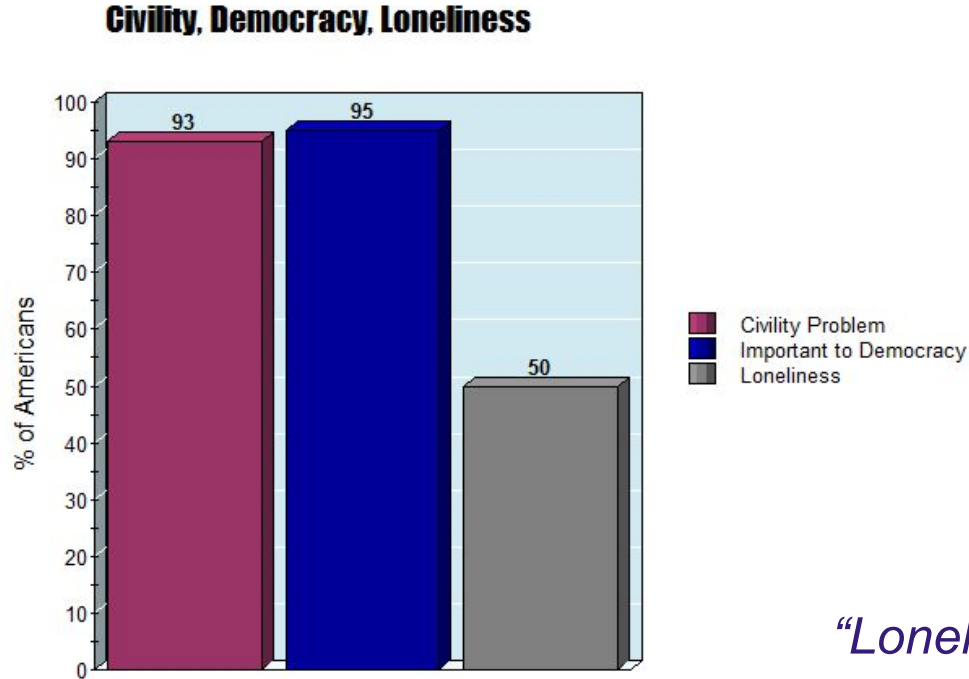
What do we have in common?

How can we be in a healthy community  
when we have significant differences?



**What do we really have in common?**

# Conflict, incivility, and disconnection



Research shows us that loneliness is on the rise, and that a lack of human connection can be more harmful to your health than obesity, smoking and high blood pressure.

*“Loneliness is often manifested as anger and irritability.” ~ V. Murthy*

# Connection: 101



Listen



Pay Attention



Empathize



Storytelling



Be Curious

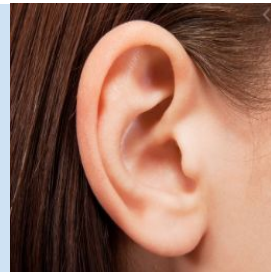


Practice

*We came into this world with two ears, two eyes, and one mouth. Keep the ratio in mind. ~ Tom Shimizu*

## 5 Levels of Listening

1. Ignoring: expending zero effort; not paying attention
2. Pretending: giving the appearance of listening
3. Selective: listening to only parts and preparing our winning comeback
4. Attentive: paying attention, internalizing the message, reflecting, rephrasing
5. **Empathic: requires significant mental and emotional energy. Requires focus on and deliberate effort to seek and understand the other person's frame of reference. Listening with our ears, our minds, our hearts.**



*“When we empathically listen, we immerse ourselves in understanding how the other person is thinking and feeling.”*



“It is a level of listening **reserved for the closest relationships and the most critical of times.**” ~Tom Shimizu



**“one of the greatest gifts that we can give another person is the gift of our full attention.”**



**“If you've ever felt deeply listened to by somebody else, you know that that experience helps you feel seen and appreciated and understood. And that is a very, very powerful antidote to loneliness and to disconnection.”**

~Dr. Vivek Murthy

# Curiosity, Empathy, and Storytelling

We hear stories differently...we become curious, we find empathy, we find connection.

People must feel something before they will do anything



# What Can You Do?

## Learn, Improve, Practice

Cohousing is community *designed to foster connection*. Physical spaces allow neighbors *to easily interact with others*. Common areas bring people together. *Collaborative decision-making builds relationships.*



# Index of Resources

## Organizations

[Living Room Conversations](#): a conversational model developed to facilitate connection between people despite their differences, and even identify areas of common ground and shared understanding. We have developed nearly 100 conversation guides on all sorts of topics that can otherwise be tense to talk about with friends, strangers, and even loved ones of differing backgrounds.

[Braver Angels \(formerly Better Angels\)](#): Braver Angels is a citizens' organization uniting red and blue Americans in a working alliance to depolarize America

[National Conversation Project](#):—an overarching collaborative platform powered by the 300 organizations in the [#ListenFirst Coalition](#)—is designed to reach farther and impact greater than any one organization by aggregating, aligning, and amplifying the many conversation efforts already underway while welcoming more Americans into conversations.

[The Bridge Alliance](#): The Bridge Alliance is a coalition of ~100 organizations working together as active stewards of our democratic republic. Bridge Alliance member organizations span the ideological spectrum, but are unified to work efficiently, outside arbitrarily defined political lines.

## Resources

[Levels of Listening](#), England Logistics

[The Hidden Tribes of America](#)

[Together: The Healing Power of Human Connection in a Sometimes Lonely World](#) by Vivek Murthy

[Civility in America 2019, Weber Shandwick](#)

Contact Mary Gaylord at [Mary@livingroomconversations.org](mailto:Mary@livingroomconversations.org)



**“We have evolved to participate in community, to forge lasting bonds with others, to help one another, and to share life experiences. We are, simply, better together.” ~ Dr. V. Murthy**

