

## Conversation Guide: Post Election – Moving Forward Together

*Living Room Conversations offers a simple, sociable and structured way to practice communicating across differences while building understanding and relationships. Typically, 4-6 people meet in person or by video call for about 90 minutes to listen to and be heard by others on one of 150+ [topics](#). Rather than debating or convincing others, we take turns talking to share, learn, and be curious. [Hosts use these italicized instructions and also participate fully.](#)*

### I. Introductions: Why We're Here (~10 minutes)

*Each participant has 1 minute to introduce themselves.*

- Share your name, where you live, what drew you here, and if this is your first conversation.

### II. Conversation Agreements: How We'll Engage (~5 minutes)

*These will set the tone of our conversation; participants may volunteer to take turns reading them aloud.*

- **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others' experiences have shaped their values and perspectives.
- **Show respect and suspend judgment.** People tend to judge one another. Setting judgment aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
- **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
- **Be authentic and welcome that from others.** Share what's important to you. Speak from your experience. Be considerate of others who are doing the same.
- **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
- **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the "time out" sign if you feel the agreements are not being honored.

### III. Question Rounds: What We'll Talk About

*Optional: a participant can keep track of time and gently let people know when their time has elapsed.*

#### Round One: Getting to Know Each Other (~10 min)

*Each participant can take 1-2 minutes to answer one of these questions:*

- What are your hopes and concerns for your family, community and/or the country?
- What would your best friend say about who you are?
- What sense of purpose / mission / duty guides you in your life?

## **Round Two: Exploring the Topic -- Post Election: Moving Forward Together (~40 min)**

*One participant can volunteer to read this paragraph.*

Once all the campaigning and voting is over, we are left to process the results and prepare for the newly elected to take office. When these results aren't what we hoped for, the prevailing narrative that we are divided can feel true and the future can seem less hopeful. There is another option– we can seek understanding and move forward together as a nation. This conversation allows us to hold onto our shared humanity alongside our differences, whether we feel as though we “won” or “lost” during the election.

*Take ~2 minutes each to answer a question below without interruption or crosstalk. After everyone has answered, the group may take a few minutes for clarifying or follow up questions/responses. Continue exploring additional questions as time allows.*

- What do the outcomes of the election mean to you and your community?
- If the outcome was not what you hoped this time, how are you processing that disappointment? How are you planning to move forward?
- What is your experience interacting or staying connected to others you care about who feel differently about the election? How will you check in on friends and family who are disappointed?
- What common ground solutions would you like to explore regardless of election results?
- What expectations do you have as a new president takes office? How have your expectations changed over the years?
- Where are you experiencing a personal or collective sense of hope? Where are you feeling concern?

## **Round Three: Reflecting on the Conversation (~15 min)**

*Take 2 minutes to answer one of the following questions:*

- What was most meaningful / valuable to you in this Living Room Conversation?
- What learning, new understanding or common ground was found on the topic?
- How has this conversation changed your perception of anyone in this group, including yourself?
- Is there a next step you would like to take based upon the conversation you just had?

## **Closing (~5 min)**

- *Give us feedback!* Use [livingroomconversations.org/feedback-form/](https://livingroomconversations.org/feedback-form/) or QR code
- *Donate!* Make more of these possible; give at [livingroomconversations.org/donate/](https://livingroomconversations.org/donate/)
- *Join or host more conversations!* [livingroomconversations.org/get-involved/](https://livingroomconversations.org/get-involved/)



***Thank you!***