

Monthly Meet-Up

WE NEED TO TALK

HOW TO RESURRECT A DYING RELATIONSHIP





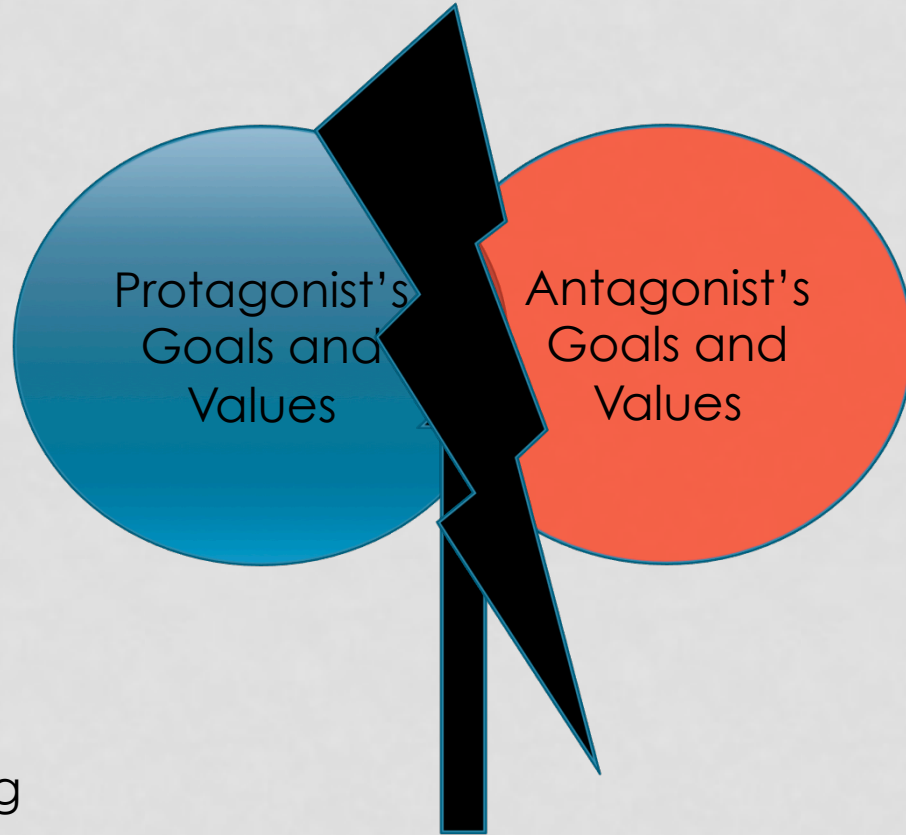
This sculpture at the Burning Man Festival 2015 was created by Alexander Milov from Ukraine. "Love" features two wire-frame adults after a fight, distanced and sitting with their backs facing each other. Inside them are two children standing and trying to reach each other.

Charles H. Geilfus



Charles H. Geilfus

It's easier to diagnose others.



Loyal
Brave
Courageous
Hard working
Determined
Quick thinking
Kind and caring
Likeable

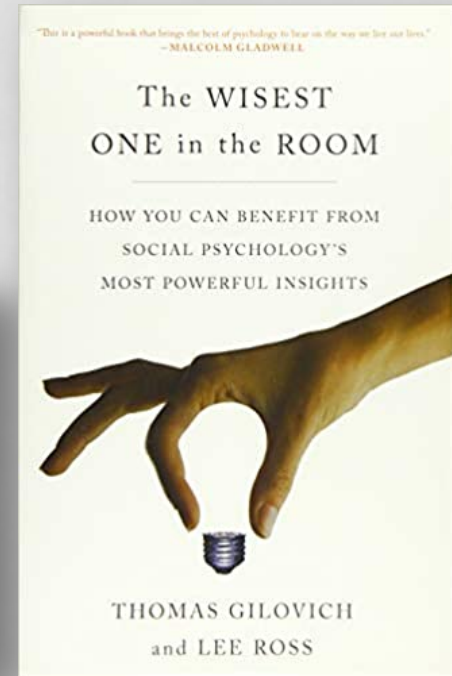
Arrogant
Foolish
Misguided
Self-centered
Jealous
Judgmental
Greedy
Lazy

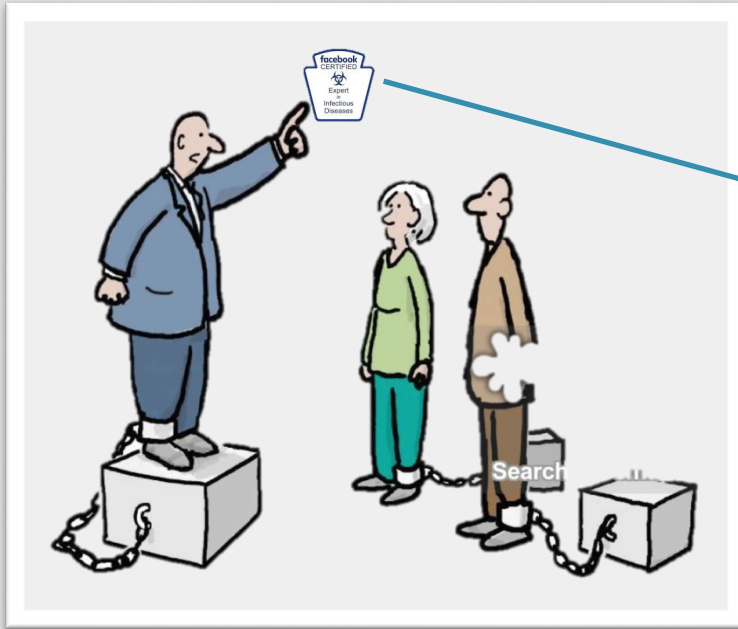
Naïve Realism – Lee Ross (Stanford) social psychology

We see the world objectively

If *others* disagree, they must be uninformed, irrational, biased

Ross, L., & Ward, A. (1995). Psychological barriers to dispute resolution. In M. P. Zanna (Ed.), *Advances in experimental social psychology* (Vol. 27, pp. 255-304). San Diego, CA: Academic Press.





SOAPBOX PROBLEM

August 5: Barry Centini will discuss pseudoscience and its place in science denialism.
This Fall: Dr. Centini and I will talk about science denial and the science of denial.

10% of conflict is due to difference in opinion and 90% to delivery.





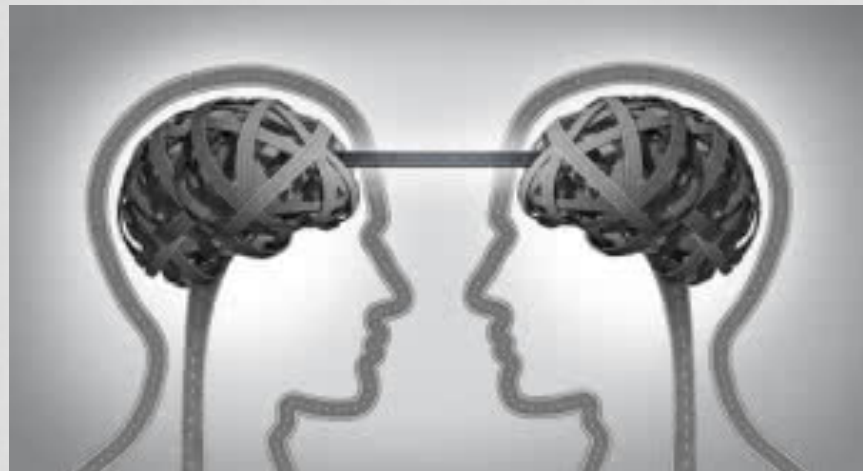
Charles H. Geilfus

Query:

Can you start anew?

It takes both sides to build
a bridge.

- Fredrik Nael



1. Take off your (offensive) jersey
2. Forget about sharing data/evidence
3. Play the long game



Tyson Ross is now with the Texas Rangers on a minor league contract. Tyson and Joe opted out of the 2020 season due to COVID.



Charles H. Geilfus

Query:

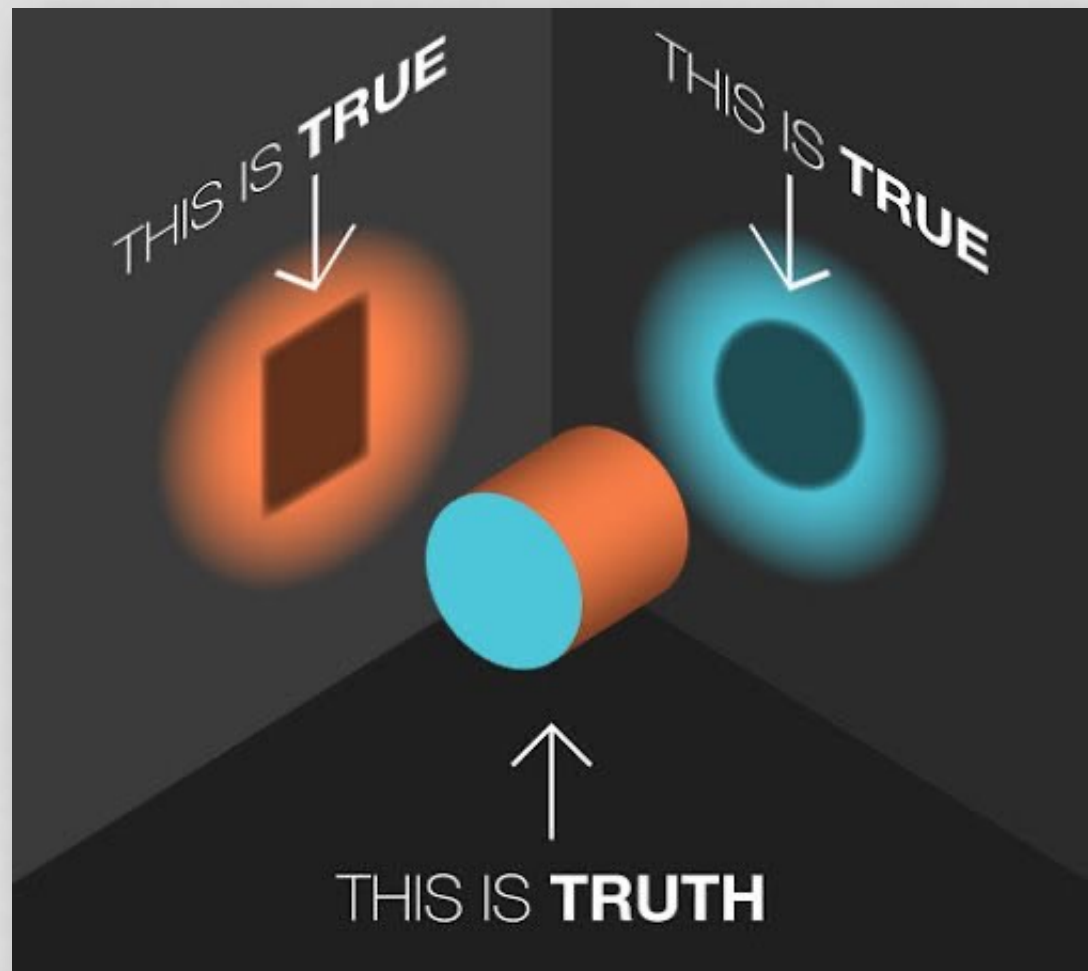
Will more talk solve the problem?


INTELLECTUAL HUMILITY

Mark Klein (MIT's Center for Collective Intelligence) created the **Deliberatorium** (2007) to foster meaningful dialogue built on argumentation theory: that is, the line of logical reasoning used to come to a specific conclusion. His goal is to have people interact with others who have opposing beliefs by **framing questions and enumerating various answers for those questions visually** (as opposed to just in our heads).



<https://cci.mit.edu/klein/research/#deliberatorium>



A blue speech bubble with a white border, containing white text. The bubble is positioned in the upper left quadrant of the slide.

That's an interesting
perspective. I hadn't
thought of it that way...
Thanks for sharing your
view of this.

Bearing Witness

Good, intelligent, reasonable people can have different opinions and beliefs about what is right for the country...

It only makes sense that people may see things differently and form different conclusions about the world. If we are open-minded and recognize that both sides have points to be made and a right to be heard, we can create compromises that strengthen our country instead of insisting that our way is best.

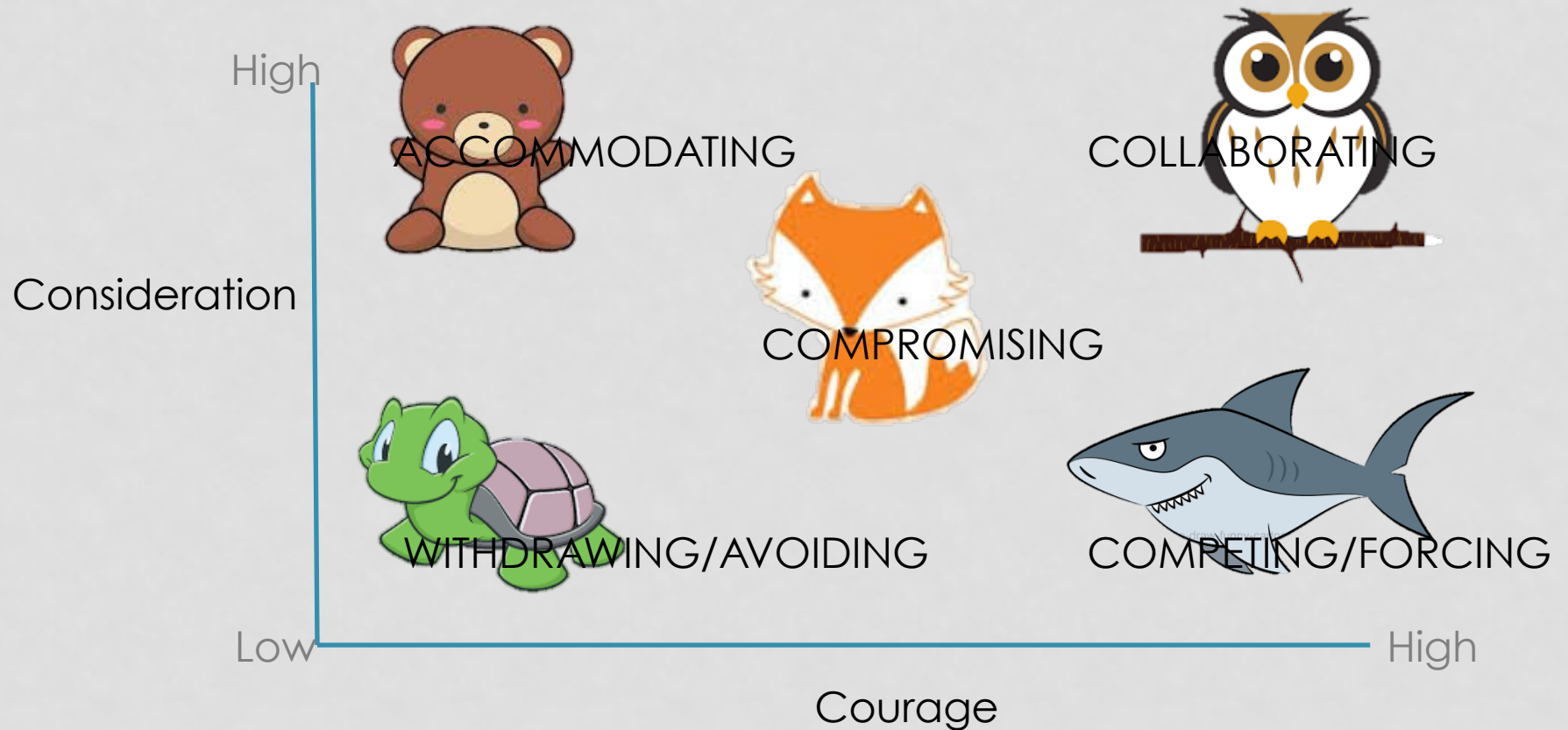


Scott Smith, Ph.D.
Capital Gazette, October 2016

Two wings need to work in harmony for an eagle to soar.



CONFLICT OPTIONS



When you have two alternatives, the first thing you have to do is to look for the third that you didn't think about, that doesn't exist.

- Shimon Peres



A look back on the life of Nobel Peace Prize winner, Shimon Peres, who served as prime minister of Israel twice and negotiated the 1994 Israel-Jordan peace treaty.

Never Stop Dreaming: The Life and Legacy of Shimon Peres (2018) Moriah Films
2h 9min | Documentary



Great Decisions is America's largest discussion program on world affairs. The program model involves **reading** the *Great Decisions Briefing Book*, **watching** the documentary film series, and **meeting** in a discussion group to discuss the most critical global issues facing America today.

LLI's Chuck Hulick leads our spring group.

Available through NOVA's Library

Gale In Context: Opposing V

REQUEST A TRIAL



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BROWSE ISSUES

Business and Economics (114)

Esports **NEW**
Minimum Wage **UPDATED**
Zoos and Aquariums **UPDATED**

Energy and Environmentalism (49)

Deforestation
Green New Deal
Organic Food **UPDATED**

Health and Medicine (95)

Abortion
Drug Abuse **UPDATED**
Post-Traumatic Stress Disorder (PTSD)

Law and Politics (195)

Hate Crimes **UPDATED**
LGBTQ Parents
Right to Bear Arms **UPDATED**

National Debate Topic (40)

2019-2020 National Debate Topic **NEW**
Arms Trade
US Economy

Science, Technology and Ethics (110)

Evolution
Organ Donation and Transplantation **UPDATED**
Self-Driving Cars **UPDATED**

Society and Culture (326)

Drugs and Athletes **UPDATED**
Feminism **UPDATED**
High School Dropouts **UPDATED**

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Gale In Context

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more than 425

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Explore All Sides of an Issue

Gale In Context: Opposing Viewpoints is the premier online resource covering today's hottest social issues, from capital punishment to immigration to marijuana. This cross-curricular resource supports science, social studies, current events, and language arts classes. Informed, differing views help learners develop critical-thinking skills and draw their own conclusions.

FEATURED RESEARCH

"I saw a way that I could collaborate with my colleagues more efficiently and get resources to students and make it more effective and personalized for their learning."

—Teacher, Central York High School, Pennsylvania

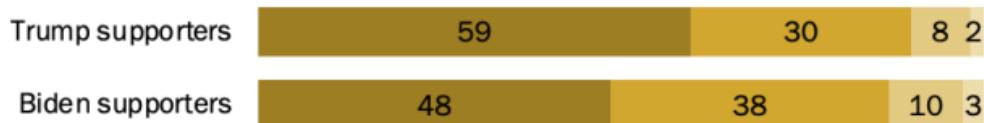
NOVA Prof Kevin Simons will introduce us to this database in the fall.

Majorities of Trump, Biden voters say they have 'just a few' or no friends who support the other candidate

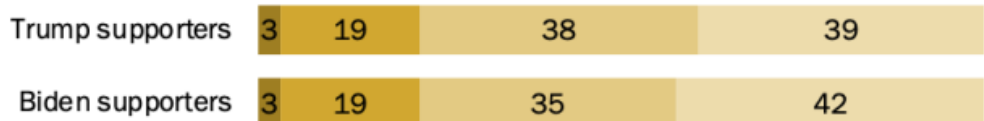
% of registered voters who say ___ of their close friends support the ...

■ A lot ■ Some ■ Just a few ■ None

Same candidate they do for president



Other major party's candidate for president



Note: Based on registered voters.

Source: Survey of U.S. adults conducted July 27-Aug. 2, 2020.

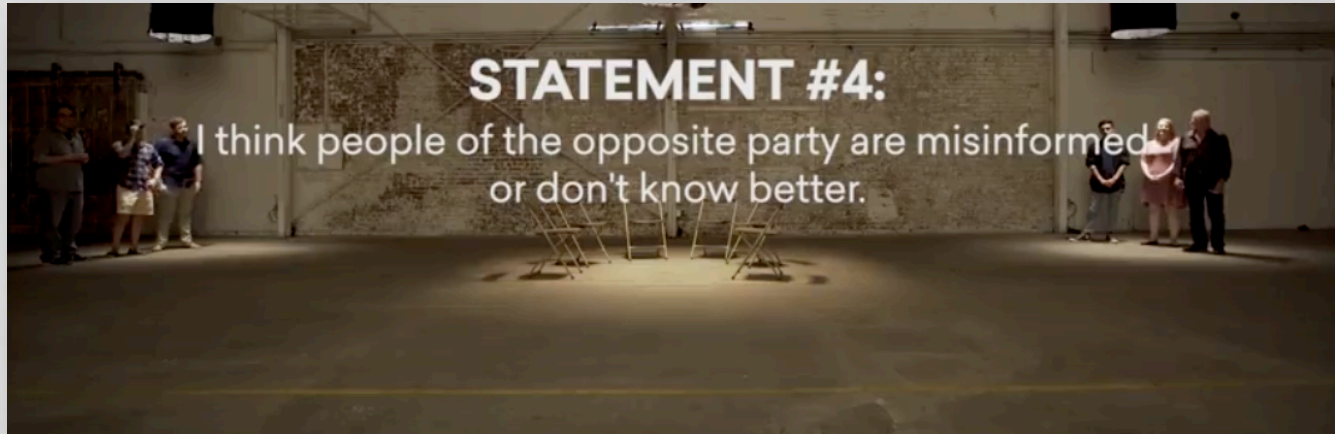
PEW RESEARCH CENTER



Middle Ground

Liberals and Conservatives Fight Labels and Stereotypes

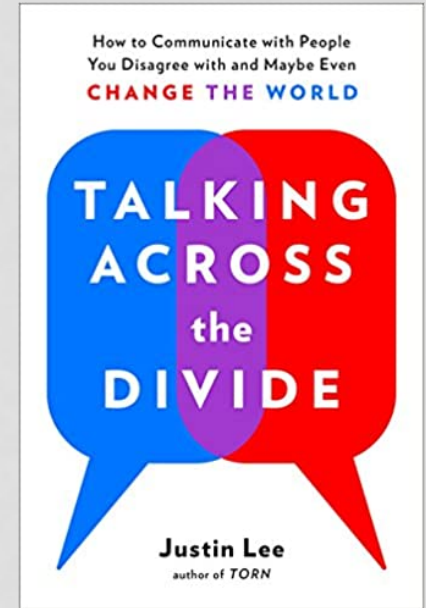
October 2017



<https://youtu.be/cbh64LX6-HY>

If you don't agree with my politics, my identity, or my view of the world, **I can easily block you** or push you away and spend more time with the social circles who affirm what I already believe. That constant stream of approval is intoxicating and addictive. And we don't just get it on social media.

We choose news sources, places of worship, and even forms of entertainment that **affirm our existing views and demonize those people out there**. Before we know it, we're living in **echo chambers** where we hear the same perspectives over and over and over, all of us reinforcing one another in the sense that we are the chosen ones, we are the "good guys," and the people out there who would oppose us are the enemy.

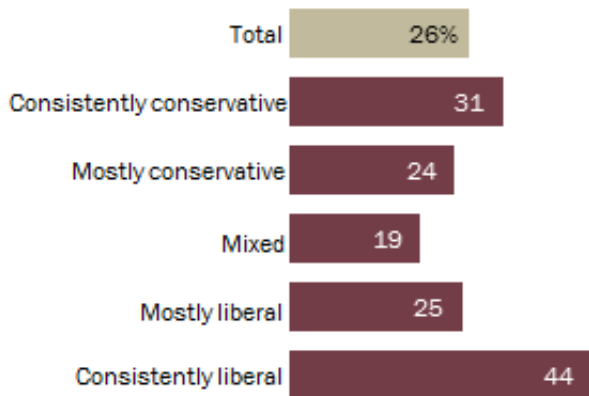


Justin Lee, Executive
Director of Gay
Christian Network



Consistent Liberals More Likely to Block Others Because of Politics

% of Facebook users who have hidden, blocked, defriended or stopped following someone because they disagreed with something that person posted about politics ...

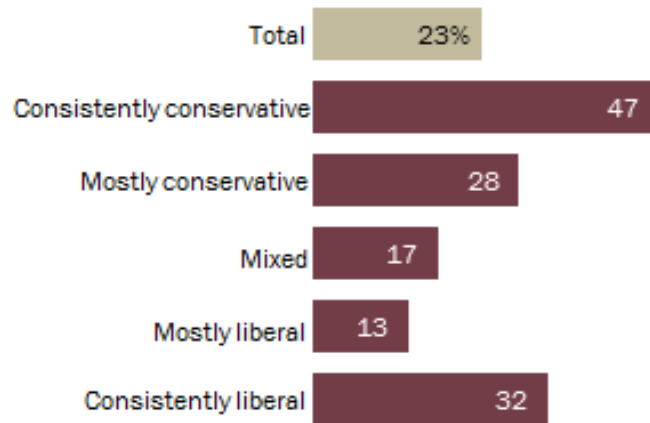


American Trends Panel (wave 1). Survey conducted March 19-April 29, 2014. Q35. Based on web respondents who are Facebook users (N=2,153). Ideological consistency based on a scale of 10 political values questions (see About the Survey for more details).

PEW RESEARCH CENTER

Consistent Conservatives See More Facebook Posts in Line With Their Views

% who say posts about politics on Facebook are mostly or always in line with their own views...



American Trends Panel (wave 1). Survey conducted March 19-April 29, 2014. Q33e. Based on Facebook users who see at least some posts about government and politics on Facebook and pay at least some attention to them (N=1,627). Ideological consistency based on a scale of 10 political values questions (see About the Survey for more details).

Ascendent secularism is accompanied by a deepening of religious intensity.

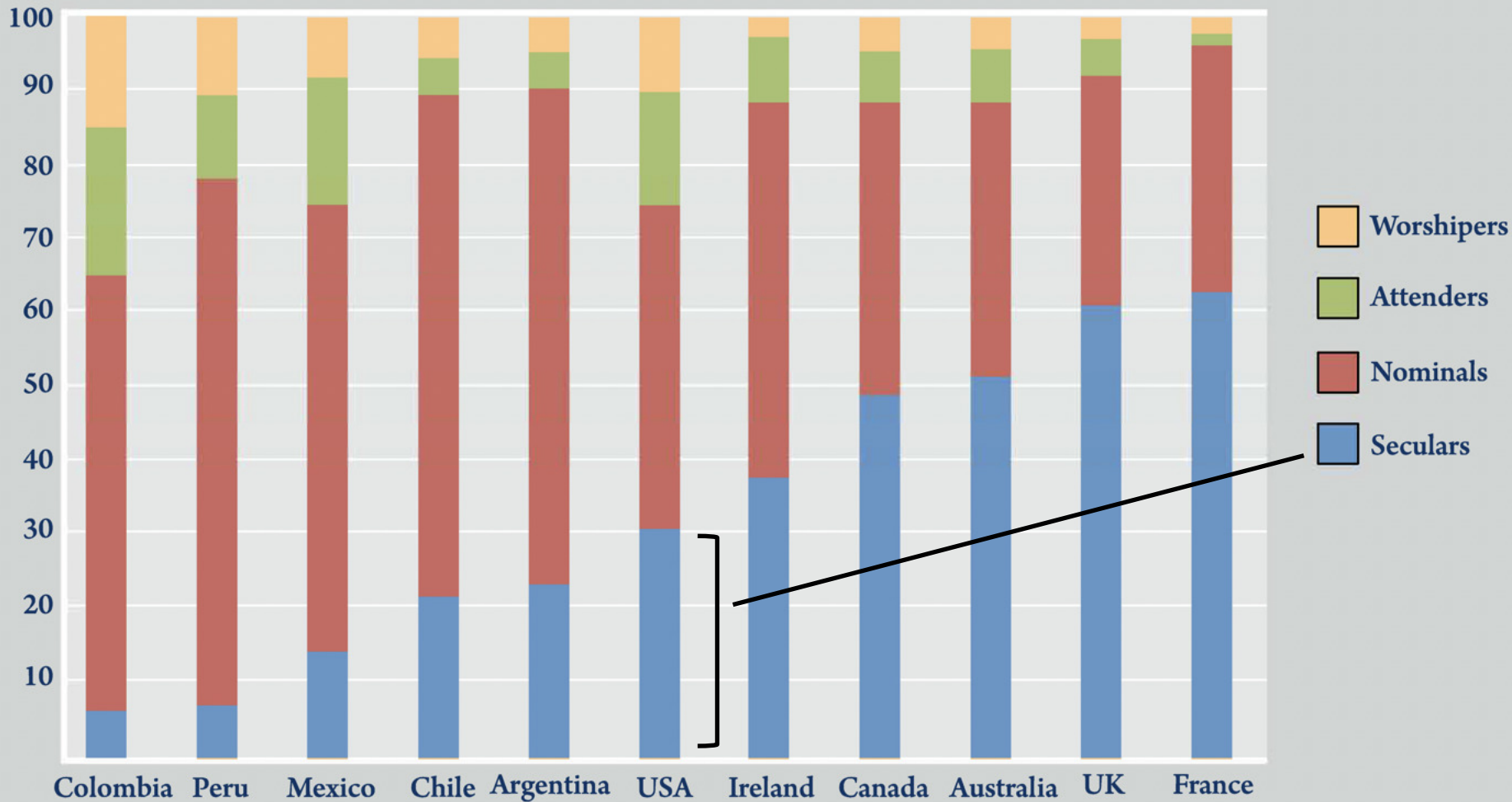
Prof Landon Schnabel (Indiana University) compared this phenomenon to a “container getting smaller, but more concentrated.”

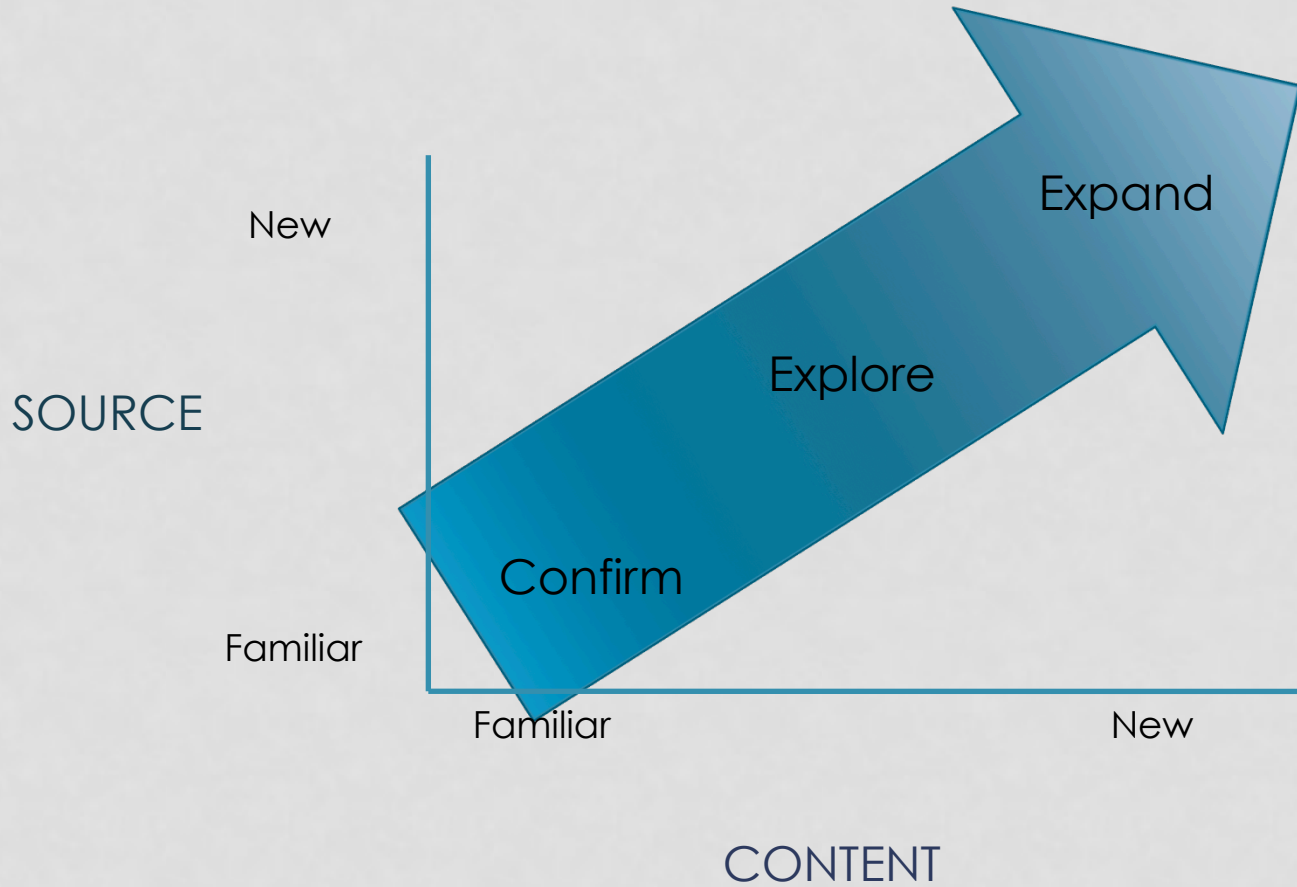
October 2020 Poll

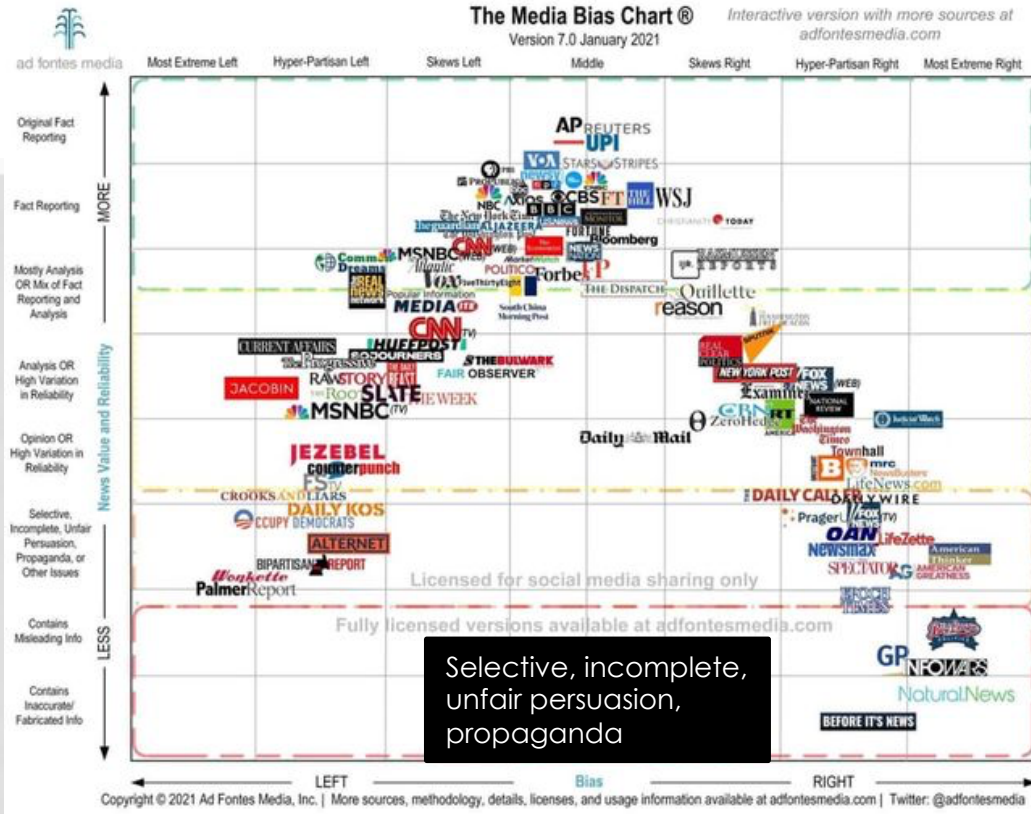
Christians, particularly white evangelicals, supported Donald Trump by a very wide margin (78 percent) whereas atheists and agnostics supported Biden by an even larger margin (83 percent).



Spencer James, Hal Boyd, Jason Carroll, Religion and Politics: Fit for Polite Company, November 2020 <https://religionandpolitics.org/2020/11/17/why-the-partisan-divide-the-u-s-is-becoming-more-secular-and-more-religious/>







Selective, incomplete, unfair persuasion, propaganda



Confirmation bias: We tend to seek out the sources that confirm our existing biases.

Leans Left (Liberal)

CNN
Mother Jones
MSNBC
The Nation
New Republic
The Progressive
Slate Magazine
Washington Post

Centrist

ABC News
Associated Press
BBC News
CBS News
Christian Science Monitor
NBC News
Newsweek
NPR
PBS NewsHour
Reuters
Time
USA Today
US News & World Report

Leans Right (Conservative)

The American Spectator
Fox News
Human Events
The National Interest
National Review
Washington Times

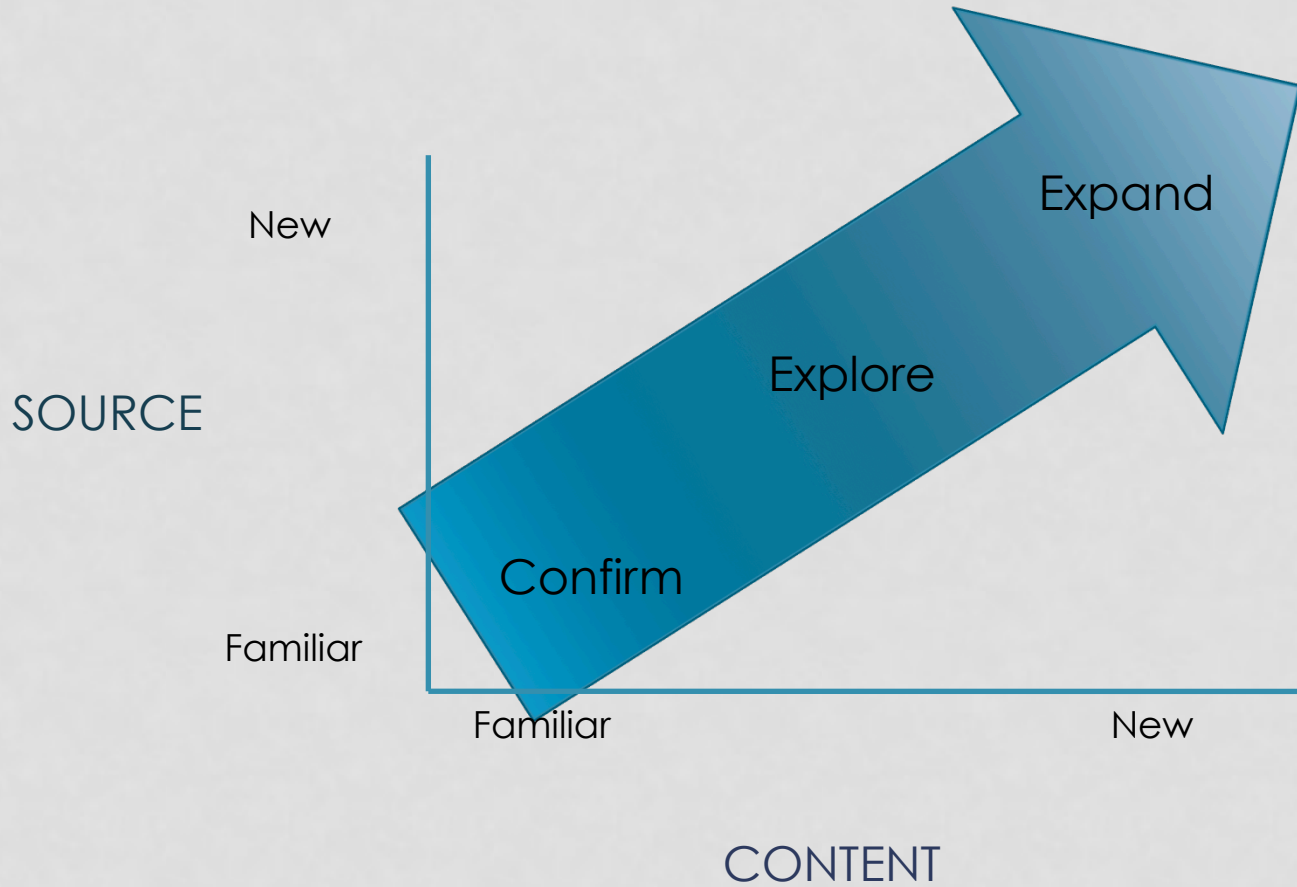


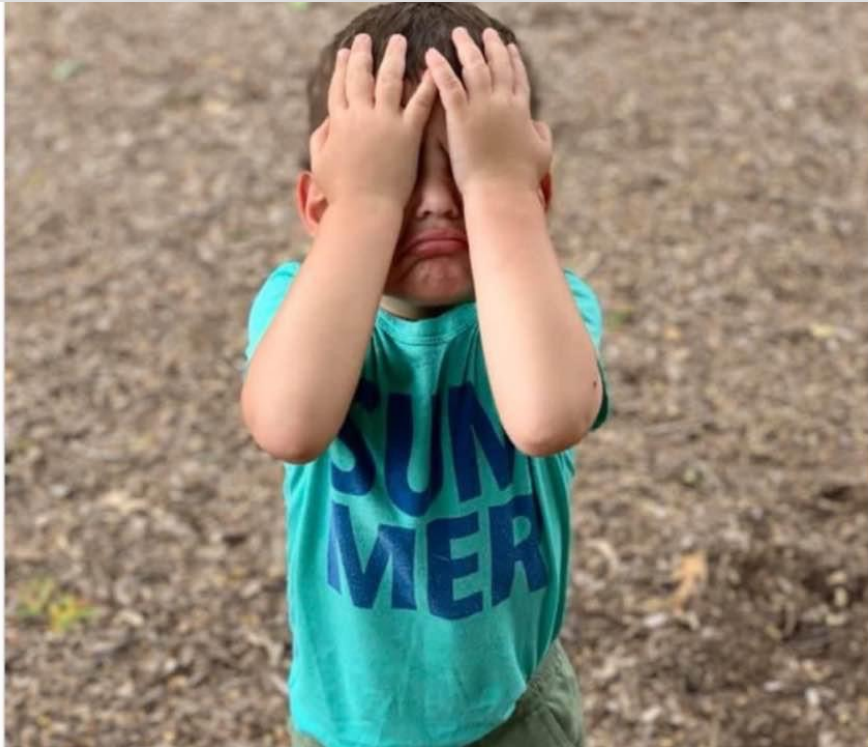
Unicorns: Republicans who are moderate politically, don't regularly watch Fox News, reject conspiracy theories, and are highly educated.

<https://chicago.suntimes.com/politics/2021/4/30/22412313/adam-kinzinger-goes-to-texas-in-search-of-anti-trump-republicans>

David Brooks*
Pres. George W Bush
David Frum*
Jim Geraghty
Jonah Goldberg*
Jon Huntsman*
John Kasich
Adam Kinzinger*
Bill Kirstol
Richard Ligar
Evan McMullin*
Ana Navarro
Michael Oakeshott
Colin Powell
Dennis Prager
Julian Simon
Thomas Sowell
Gary Teal
George Will
Michael Wood







Mark Peck

PRECONVENTIONAL MORALITY

Blind and instrumental egoism (ages 3-7)

CONVENTIONAL

Social systems and relationships matter. Conformity to rules of one's own group and social order (ages 8-13)

POSTCONVENTIONAL

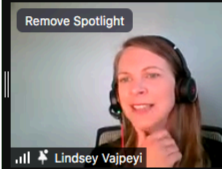
Mutual respect and contractual perspective. Live moral imperatives (adulthood)

21SP32 Demystifying Dementia



- **Join their world**

- Reminisce
- Do "with," not "for"
- Participate in meaningful and failure-free activities together
- Avoid arguing, correcting or criticizing
- Use simple explanations
- To tell the truth or not to tell the truth...



Lindsey Vajpeyi
Director
Education and Outreach
Insight Memory Care Center

John Gottman's warning signs

- Defensiveness
- Stonewalling
- Criticism
- Contempt



Charles H. Geilfus

DEFENSIVENESS

DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.

TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.

Thanks for letting me know your thoughts. I'll consider them.

I was thinking about that conversation we had yesterday and worry that I came across like a jerk when I questioned your argument. I want to apologize for that, because you are my friend and deserve better.

The first one to apologize is the bravest
The first to forgive is the strongest.

I was thinking about that conversation we had yesterday. I looked up that study that you referenced and learned that you were right about...

I really appreciate learning this, and you for sharing it.

PHYSIOLOGICAL FLOODING

AKA Diffuse Physiological Arousal (DPA)

Stress hormones (adrenalin, cortisol)

100 BPM

Hit your pause button (take a time out)

Self soothe



STONEWALLING

Stonewalling

Withdrawing to avoid conflict and convey disapproval, distance and separation

Physiological Self-Soothing

Take a break to do something soothing and distracting:

- Nature walk
- Journaling
- Prayer/meditation
- Yoga
- Cooking/baking
- Gardening/weeding
- Playing with a pet
- Chocolate

CRITICISM

Criticism

Verbally attacking
personality or character

Gentle Start Up

1. Complain, but don't blame
2. Use "I" statements
3. Describe without evaluating or judging (no sarcasm)
4. Be polite, tactful
5. Focus on the here and now (no gunny-sacking)

GENTLE START UP

Gentle Start-Up

Arguments end with the same intensity that they began.

John Gottman

I'm surprised to hear that. And I'm curious to know how you know this...

GENTLE START UP

Harsh Start-Up

Why didn't you call me yesterday? Could you, for once, keep a promise and show a little consideration?

Gentle Start-Up

Hey, I'm glad to see you. I expected a call from you yesterday. I thought we agreed that you'd get back with me.

CONTEMPT

CONTEMPT


- Attacking another with an intent to insult or abuse

BUILD A CULTURE OF APPRECIATION

- Describe your own feelings and needs
- Remind yourself of your partner's positive qualities and find gratitude for positive actions

GENTLE START UP

Harsh Start-Up



Here we go again with that
“deep state” fringe
conspiracy theory crap...

Gentle Start-Up

I'm getting uncomfortable.
When we've talked about
politics in the past, it didn't go
well...

Let's talk about something we
agree upon... like the
Nationals.

You are witty, and I usually appreciate that. This time, it feels like you're taking a shot at me. Knock off the sarcasm.

John Gottman's warning signs

- Defensiveness
- Stonewalling
- Criticism
- Contempt



Charles H. Geilfus

You Don't Bring Me Flowers

Words by Neil Diamond, Marilyn Bergman
& Alan Bergman
Music by Neil Diamond

Very slowly and somewhat freely

C C^F F/C G[#] C G/C

You don't bring me flow-ers,

F/C C F C/E

you don't sing me love songs. You hard-ly talk to me an-y-more when you

Dm⁷ Fmaj⁷ G in tempo C G/C in tempo

come through the door at the end of the day. I re-mem-ber when you could-n't wait to love me.

Ped.

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Sony Music Publishing (UK) Limited.
All Rights Reserved. International Copyright Secured.



~~YOU DON'T BRING ME FLOWERS~~

I miss...

What's on your wish list? Share it!



Let's get together for coffee.
What would you like your legacy to be?
How are you feeling about your retirement?

I MISS...

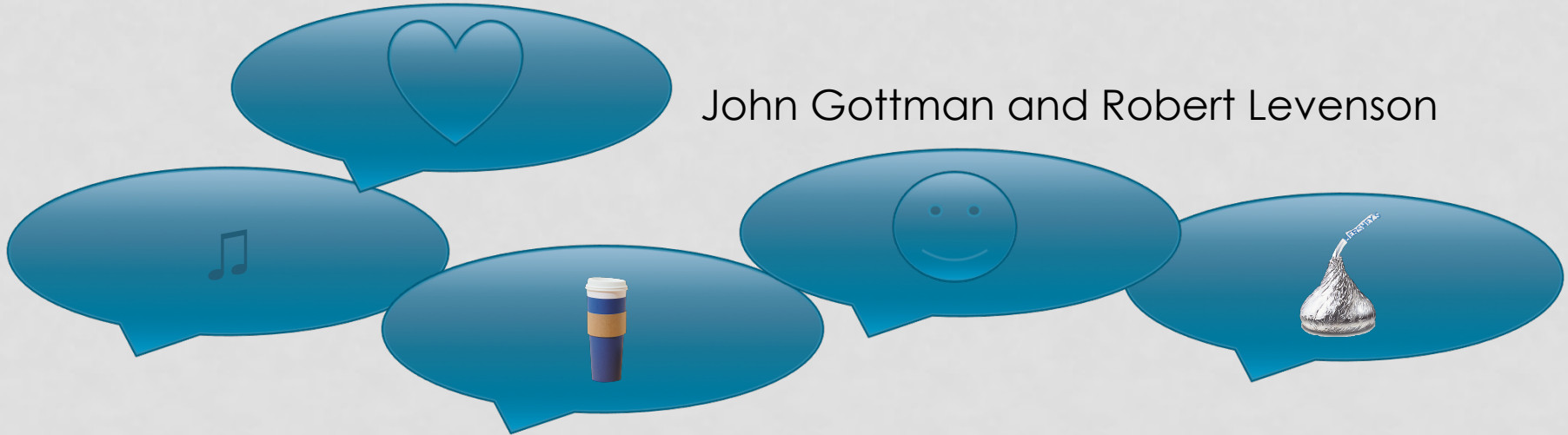
1. What you've missed between you - *being together*
2. What you need now to regain faith in your relationship
3. What would help to make you the best relationship partner/sister/son/uncle/friend you could be



5:1 RATIO

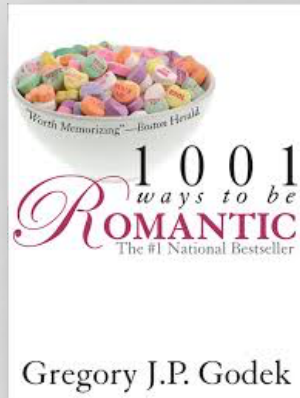
For every negative interaction during conflict, a stable and happy relationship has five+ positive interactions.

John Gottman and Robert Levenson

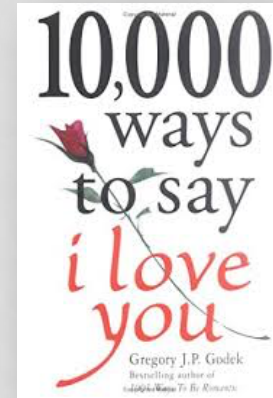


SMALL THINGS, OFTEN

Small gestures accumulate over time and will provide a buffer of positivity in your relationship so that when you do enter a conflict, it will be easier to engage in positive interactions that outweigh the negative.



- *Remember birthdays*
- *Floss*
- *Buy a souvenir*
- *Do a dreaded chore*
- *Drop off a treat*
- *Send a Hallmark card*
- *Write a poem*





Positive Distortion

IF YOU NEVER SAW THIS PERSON AGAIN...

Eulogy (from εὐλογία, *eulogia*, Classical Greek, *eu* for "well" or "true", *logia* for "words" or "text", together for "praise")

Family life

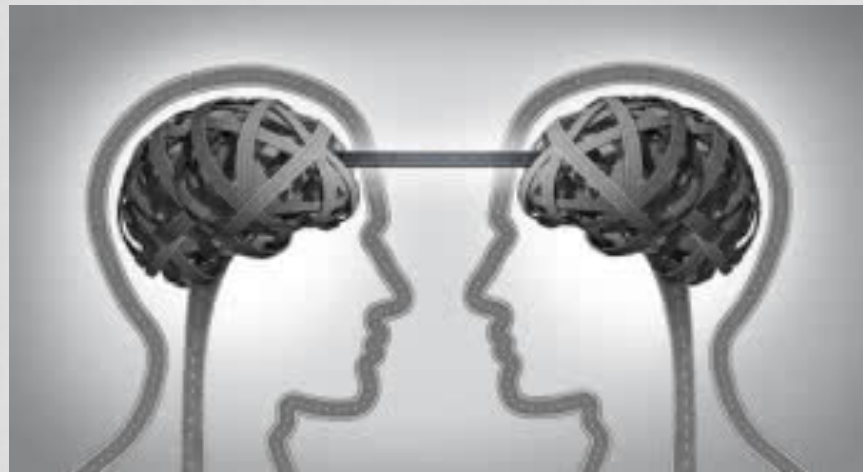
Career achievements

Hobbies and interests

Write this for your best friend. Share it!

It takes both sides to build
a bridge.

- Fredrik Nael



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HOW TO RESURRECT A DYING RELATIONSHIP





THANK YOU FOR YOUR EVALUATION

What worked well?

How could this class be improved?