

DEPOLARIZING WITHIN: BECOMING A BETTER ANGEL IN YOUR OWN WORLD

Part 1: Recognizing My Inner Polarizer

You can use the following questions to think about your inner polarizer. (Don't worry: most of us think and feel some of these things.) Read and circle your responses.

- How often do I find myself thinking about “those people” on the other political side without much regard for the variation among them? (Usually, we're aware of great variation within our own group.) **Circle one: Often, Sometimes, Never**

- How often do I find myself assigning mainly self-serving or negatives motives to the other group—and mainly positive motives to my group? **Circle one: Often, Sometimes, Never**

- How often do I find myself focusing on the most extreme or outrageous ideas and people on the other side, thereby making it hard to see how a reasonable person could remain in that group? **Circle one: Often, Sometimes, Never**

- How often do I find myself comparing the *worst people* on the other side with the *best people* on my side? **Circle one: Often, Sometimes, Never**

- How often do I feel a “rush” of pleasure with friends when we ridicule those crazies on the other political side? **Circle one: Often, Sometimes, Never**

- Which of the following is closest to my overall emotional attitude towards the majority of people who support the other side?

Circle the one closest to where you are now and then underline the one you aspire to if they are different.

- **Hate.** They are enemies out to destroy the country.
- **Disdain.** They are ignorant and should know better.
- **Pity.** They are well-meaning but duped.
- **Basic respect.** They make contributions even if they are mostly off base.
- **Respect and appreciation.** They make unique and necessary contributions