**Bridge Journal:**

**Practicing Civic Balance in a Divided World**

*This journal invites you to process your thoughts, emotions, and insights as you step into the courageous work of bridging divides. Use it after conversations, workshops, or anytime you engage across difference.*

**1. Setting the Scene**

* **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Context:** Where did this dialogue take place? (e.g., workshop, community event, personal conversation)
* **Who was involved?**
(Without naming names, describe the perspectives or identities represented.)

 **2. Internal Check-In**

Before the conversation:

* **How did I feel going into the conversation?** (circle any that apply)

 Anxious ☑ Hopeful ☑ Defensive ☑ Curious ☑ Open ☑ Angry ☑ Neutral ☑ Tense ☑ Other: \_\_\_\_\_\_\_\_\_\_

* **What assumptions did I bring with me?**
* **What was I afraid might happen?**

**3. Listening Moments**

* **What surprised me during the dialogue?**
* **What did I hear that challenged my thinking?**
* **What insight or story moved me emotionally?**

**4. Reflection & Rebalancing**

* **What did I learn about myself in this conversation?**
* **Where did I notice resistance or judgment in myself?**
* **What values or principles helped me stay grounded in balance?**
(e.g., curiosity, empathy, humility, courage)

**5. Regenerative Intentions**

* **What is one small shift I want to make in how I approach people with different views?**
* **What is one action I can take to build civic trust this week?**
* **Who can I continue this kind of conversation with?**

**6. Closing Thought or Quote**

Write a quote, mantra, or personal note to yourself that captures the spirit of what you’re carrying forward: