



REAL Dialogue Guide:

Navigating Political Differences with Curiosity and Care

Purpose:

This guide is designed to support meaningful, values-based conversations across political or ideological divides. It's for coaches, community leaders, facilitators, and conscious citizens who want to engage in dialogue—not debate.

Framework: Get REAL

R – Radical Curiosity: Ask before assuming.

E – Energized Listening: Show up fully present.

A – Authentic Inquiry: Speak from your own lived experience.

L – Learning-Focused: Stay open to evolving your perspective.

Conversation Prompts for Common Ground

- “What values are underneath your opinion on this?”
- “What personal experiences have shaped your view?”
- “What do you hope happens—not just politically, but culturally?”
- “Where do you feel unheard or misrepresented in this conversation?”

Reminders for REAL Dialogues:

- Dialogues are not discussions or debates. They are agreements by all parties to suspend previous assumptions in order to learn from and with each other.
- You're not here to convince—you're here to connect.
- Ask questions that invite stories, not stats.
- Breathe. Pause. Let discomfort be a teacher.
- You can disagree without disconnecting.

Let's make space for truth, dignity, and possibility. Together.





Some of the Top Issues Americans Care About (2025)

Use these as springboards for dialogue—not as debate points. Each includes a sample values-based reframing question.

Free and Fair Elections

Reframe: "What does a trustworthy election process look like to you?"

Taxes & Government Spending

Reframe: "Where would you want your tax dollars to go, and why?"

Healthcare Affordability

Reframe: "What would a healthcare system that works for your family look like?"

Reproductive Rights

Reframe: "How can we respect personal freedom and ethical concerns at the same time?"

Immigration & Border Security

Reframe: "What's a humane and secure immigration policy in your view?"

Education

Reframe: "What kind of learning environment do you believe best prepares kids for the future?"

Climate & Environment

Reframe: "What kind of world do you want to leave behind—and what's our role in that?"

Gun Violence & Public Safety

Reframe: "How do we balance rights with responsibility in our communities?"

Institutional Trust

Reframe: "What does accountability in leadership mean to you?"

Social Safety Nets (Social Security, Homelessness, Hunger)

Reframe: "How do we take care of each other while still encouraging responsibility?"

