We all come from different backgrounds and unique experiences. Seek opportunities to hear others' viewpoints, truths, and experiences. Avoid debating and strive to create dialogue.



DEBATE



DIALOGUE



What is it?

Debate is...

Believing there is only one correct answer and it's yours

Having a combative attitude — trying to prove the other opinion wrong

Only focusing on winning the argument

Listening to find shortcomings and create arguments

All about creating a winner and a loser in all things and casts aside further opportunity for discussion

Dialogue is...

Understanding there can be many right answers and being willing to listen to the reasoning supporting those answers to create new solutions

Having a collaborative approach — working in unity to find common ground

Focusing on learning and exploring common ground

Actively listening to understand, learn, and find grounds for agreement

All about keeping the topic open for conversation, even when the discussion is formally over

Is your mind opened or closed?

Debate closes your mind because you...

Dialogue opens your mind because you...

See your idea as the only truth and defend it as the only truth

Reexamine your ideas for other ways to look at the issue with the hope of seeing the issue in a new light

Only look at the other sides of the issue for the purposes of disputing them

Look at all sides of the issue for the purposes of understanding and learning

Actively defend your self opinion against those of others

Actively admit that learning from other opinions can improve and broaden your own opinions

Seek flaws and fragility in others ideas

Seek stability and ideals in others ideas

IMPORTANT!!! It is important for diverse groups of people to work together with open minds, so we can learn, grow, and work towards understanding one another better.

This is a companion resource to the Equity, Diversity, and Inclusion (EDI) E-learning course developed by the Mountain Plains-PTTC. Audience: Professionals in the substance use/misuse prevention and health care fields in the six states in HHS Region 8.



Human Services (HHS), Substance Abuse and Mental

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