



AM I READY TO ARGUE?

Before you get into an argument, we suggest you do a gut check with yourself. Ask yourself:

- Right now, am I emotionally able to engage with someone who has a different opinion?
- Am I able to be curious about why his/her opinion is different?
- Am I able to listen, to gather information and insights, without responding, or hunting?

If the answers to these questions are yes, you're probably ready for a healthy argument. If the answers are no at this point, then it might be best to wait.

For example, check how you feel about the following statements, and how you would feel talking to someone who doesn't accept one or the other of them. This might be a useful guide to your emotional readiness (and the readiness of the person you're talking to). These statements probably do not cover the whole range of sensitivities, but offer one concrete example.

A. I cannot accept the actions of Hamas on 7th October, in deliberately attacking civilians of all ages, murdering over a thousand and kidnapping some two hundred people

B. I cannot accept the destruction of Gazan homes, the collective punishment of Gazan civilians, and the deaths of thousands of Gazan civilians as "collateral damage".

If you do decide to speak with someone who has different opinions, it's important to note that the person you're speaking to might not be at the same level of readiness.