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Smart Politics Topics

# Talking About Ukraine, Biden, and Putin

March 23, 2022

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# Presented by



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[JoinSmart.org](https://JoinSmart.org)

## Exercise #1

- 1) Introduce yourself
- 2) Why are you here?
- 3) Share ONE thing you've heard about Ukraine, Biden, and/or Putin that you'd like to respond to more effectively

(10 minutes)





# Overview

- Goal-setting
- Quick Review
- Step-by-step practice
- Full Demo
- Q & A
- After Party!!!

# Setting Goals

## Why goals matter

- Reduce frustration
- Make it easier to assess your effectiveness
- Help you stay on track

# Types of Goals

- Long-term vs. Short-term
- Outcome vs. Process
- Good vs. Good-enough
- Relationship vs. Political
- General vs. Specific

## Exercise #2

Using this example, select one goal you'd pursue in each category:

- 1) Short-Term  
Process Goal
- 2) Short-Term  
Outcome Goal
- 3) Long-Term  
Outcome Goal

Your sister-in-law tells you if Trump were still president Putin would never have invaded Ukraine. In fact, she says the whole thing proves what a horrible, weak president Biden is and she can't understand why Democrats like you continue to support him.



## **Examples of short-term process goals for discussing Ukraine**

- You made them feel safe
- You asked questions and listened to their answers
- You reflected back what you heard
- You found areas of agreement
- You shared a story to illustrate your perspective

## **Examples of short-term outcome goals for discussing Ukraine**

- **You strengthen your relationship**
- **They want to talk with you again**
- **You both feel good about how the conversation went**
- **They heard a different perspective from their own**
- **They see the topic in a slightly different way**

## **Examples of long-term outcome goals for discussing Ukraine**

- **Increase positive feelings toward Biden**
- **Reduce hostile feelings toward Democrats**
- **Cultivate doubt and humility**
- **Encourage curiosity**
- **Increase negativity toward Russia**

## Goal-Setting Recommendations

- Focus on short-term process goals because they're within your control
- Hold long-term goals loosely and accept the limitations of your power
- Think in terms of probabilities, not absolutes
- Celebrate small wins
- Think like a gardener, not a mechanic

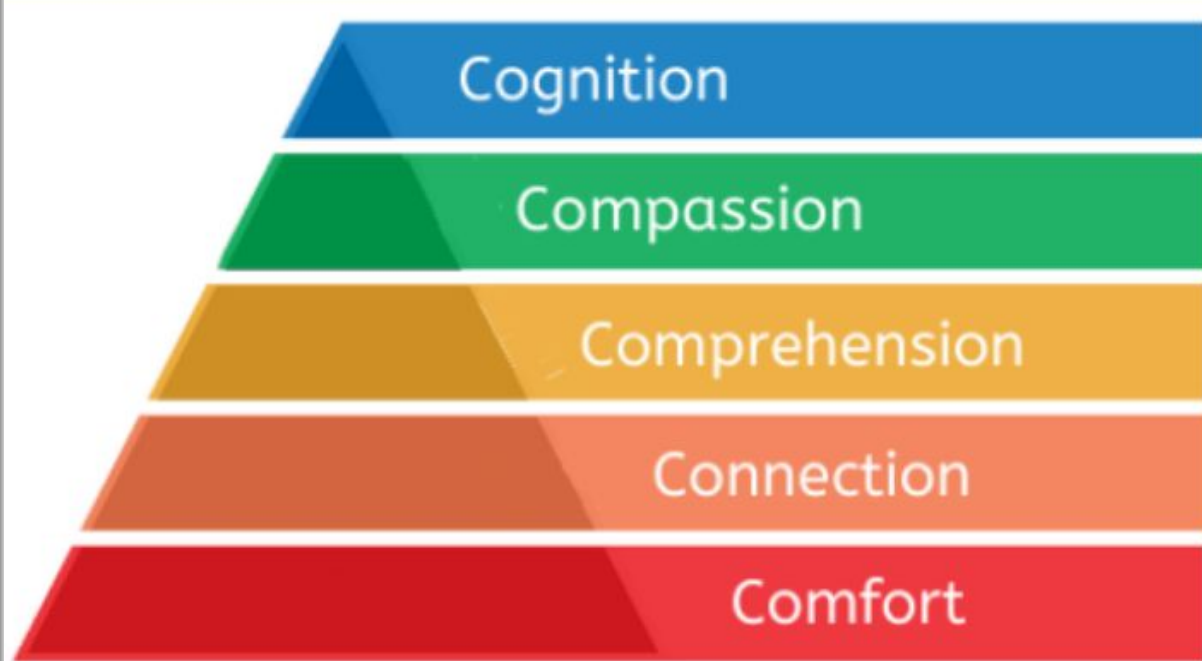
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# Questions?

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# Review

# BUILD THE PYRAMID



# Change Conversation Cycle

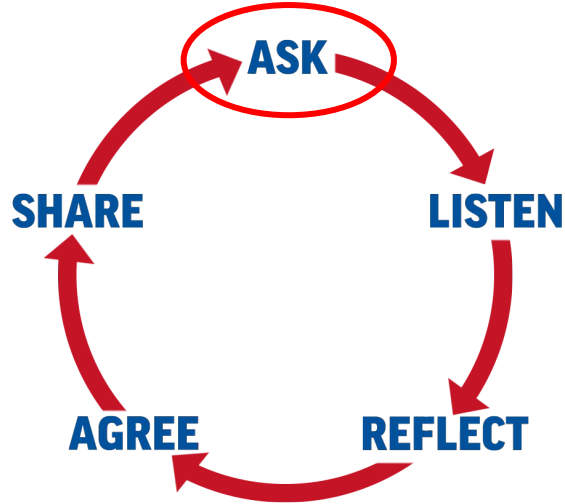




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**Practice**

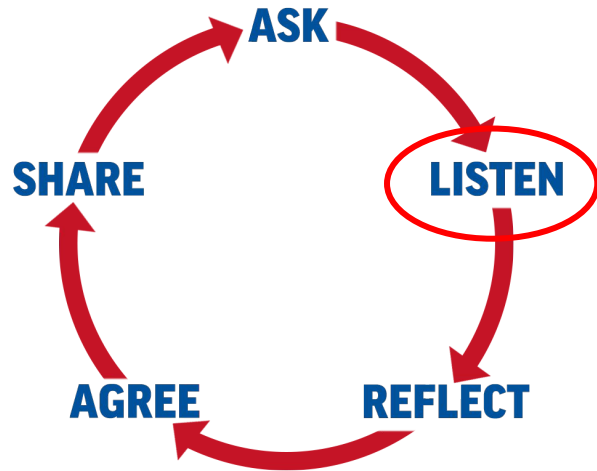
# ASK



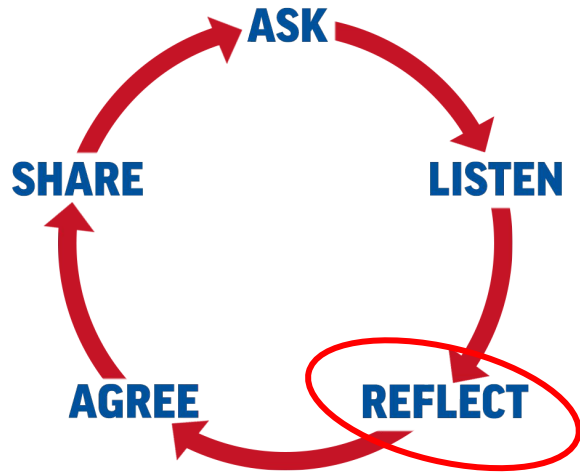
## Exercise #3:

Your brother-in-law voted for Trump twice. He also has said a lot of pro-Russian things in the past. How might you initiate a conversation with him on the topic of Ukraine?

# LISTEN



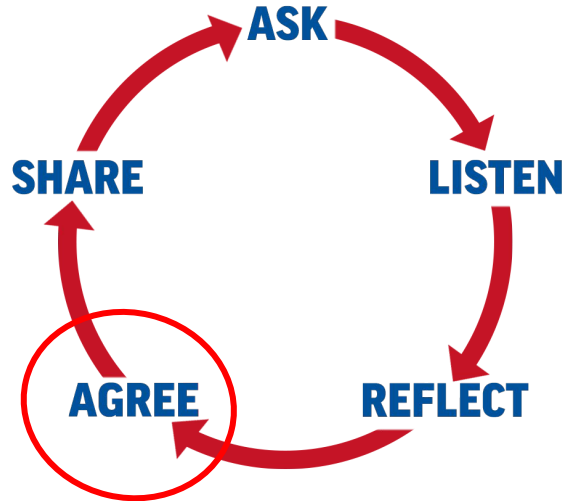
# REFLECT



## Exercise #4:

- Write a reflection
- Try to include text, subtext, and emotion

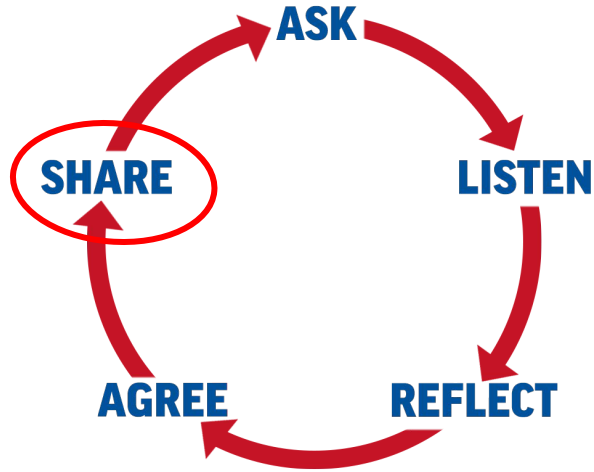
# AGREE



## Exercise #5:

- Make a list of three things you could agree with in the video
- Try to include
  - One emotion
  - One value
  - One goal

# SHARE



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## Exercise #6:

Think of a personal story you that might help you achieve a short-term outcome goal in this conversation?

Demo

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**Q & A**



The logo consists of two overlapping speech bubbles. The top bubble is blue and contains the word "SMART" in white. The bottom bubble is red and contains the word "POLITICS" in white.

SMART

POLITICS

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## UPCOMING:

- “The Smart Politics Show” Podcast
  - Book Clubs
  - Sunday night Practice Group
  - Intro to Smart Politics webinar
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# Thank you!

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**After Party!!!**