

TAMING THE FIVE POLITICAL TROUBLEMAKERS

THE DEBATER



- Argues with evidence and logic
- Challenges everything you say
- Listens mainly to refute
- Never gives an inch
- Dismissive of alternative evidence and arguments
- Doesn't consider alternative points of view because they know they're right

DON'T DEBATE!!!

Get the debater out of their head and into their heart.

Instead of presenting arguments and evidence, share emotions, feelings, and experiences

THE PARROT



- Avid consumer of Right-Wing media
- Repeats the most recent MAGA talking points ad nauseum
- Often agitated about current news
- Expects to make you defensive with their latest "revelations"
- Unexpectedly recycles old talking points (like Hillary's emails)

IGNORE THE MISINFORMATION!!!

Nod politely as the Parrot regurgitates their talking points.

When they finish, say, "What are you most worried about?"

Then say, "Why is this issue so important to you?"

THE CONSPIRACY THEORIST



- Strongly believes in and spreads unverified or debunked theories
- Skeptical of mainstream media and information
- Distrusts official narratives
- Deeply invested in proving and disseminating their theories
- Find emotional gratification in knowing things others don't

DON'T TALK ABOUT THE CONSPIRACY THEORY!!!

Instead, say, "That sounds scary."

Then, ask, "How do you cope with your anxiety about all of this?"

THE SOCIALLY INSENSITIVE



- Prone to making problematic remarks about social groups
- Limited experience in diverse social settings
- Unfiltered (speaks w/o considering consequences)
- May be hostile toward social justice causes
- More likely to cause harm unintentionally than intentionally

DON'T CALL THEM OUT!!!

Instead, name the pain... "Ouch! That hurts."

When they ask what's the problem, explain "A lot of people find that language derogatory. Is that what you meant?"

THE RAGER



- Quick to anger
- Self-righteous and contemptuous
- May feel unfairly persecuted
- Lacks emotional skills to calm self
- May become abusive

DON'T TAKE IT PERSONALLY!!!

Help them cool off.

1. Name their emotion: "You sound upset."
2. Offer compassion: "I'm sorry."
3. Ask to hear more: "Tell me more about what's so upsetting about this."
4. Repeat