



Equity Starts Here Challenge

North Carolina Community Action Association

DAY 5: HOW TO ARGUE PRODUCTIVELY

We all have opinions on everything from the best dressed neighbor to the nicest car to politics. In our current society, we often see people who are unable to productively discuss different opinions. Instead, a meaningful conversation about policies turns into a yelling match, sometimes with name calling and accusations. We all know that this is unproductive. No one appreciates yelling, resulting in an unhappy and unproductive exchange.

Arguing productively is a skill that can be learned through practice. Most of us have never been taught to argue in a meaningful way. Today's exercises will help us master the basics of good debate.

Today, select one or more of the following to read or view:

- [How to disagree productively and find common ground – TED](#) (video)
- [How to Argue Productively - Inc.](#) (article)
- [How to Argue Like A Gentleman – Gentleman's Gazette](#) (video)
- [How to Fight—and How Not To – Psychology Today](#) (article)

Discussion and Pondering Questions:

- What do you think prevents you from having productive conversations about sensitive topics?
- What stood out to you in the material?
- Did any of this material feel like an attack on your arguing skills? Did you find yourself justifying your way of arguing or trying to dismiss the material in some way?
- Are you confrontational or non-confrontational?

Don't forget to share your thoughts with your inner circle today! If you post on social media, be sure to use the hashtag #EquityStartsHereChallenge