

CHALLENGE

THE CONFLICT FIX

OBJECTIVE

Enhance empathy through discussing disagreements and understanding diverse perspectives.

INSTRUCTIONS

- Find a friend or family member with whom you have a minor disagreement or difference in opinion.
- Engage in a 15-minute conversation where you both explain your perspectives.
- Focus on actively listening without interrupting.
- Afterward, summarize their viewpoint and your own in a short paragraph each.
- Submit a brief synopsis of both viewpoints and what you learned about empathy and understanding different perspectives.

Synopsis

Write a brief synopsis of both viewpoints and what you learned about empathy and understanding different perspectives.
