

Personal Application Worksheet

1. What aspects of your identity feel under attack? Consider your beliefs, rituals, allegiances, values, and emotionally meaningful experiences.
2. What aspects of the other side's identity may feel under attack?
3. How can you help them better understand what is sacred to you?
4. How can you learn more about what is sacred to them?
5. How can you let the other side know that you understand what is sacred to them? Revisit the chart in this chapter for ideas on how to speak the language of the sacred.