



Introduction to Braver Angels

Presented by the League of Women Voters Saratoga County

Song: While There is Still Time

Hillary Rollins - Winner of BA song contest 2023

[link to song](#)

Tonight's Menu



- **Brief overview of Braver Angels**
- **Short video introducing you to Braver Angels**
- **Breakout rooms - six minutes**
- **Group discussion**
- **Sample the Depolarizing Within ecourse - short depolarizer self-assessment**
- **Video - how to counteract stereotypical thinking**
- **Breakout rooms - six minutes**
- **Group discussion - Final Thoughts**



Braver Angels

- ❖ Trust
- ❖ Respect
- ❖ Goodwill

Nationwide there are 12,200 members

Over 100 Alliances



Braver Angels

Braver Angels offers ecourses and in-person workshops on many topics:

- **Skills for Bridging the Divide**
- **Families and Politics**
- **Skills for Social Media**
- **Managing Difficult Conversations**
- **Depolarizing Within**



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After attending one of our workshops:

- **86% Feel They Better Understand the Other Side**
- **71% Feel Better Understood by the Other Side**
- **81% Feel Better Prepared to Apply the Skills they learn**



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We Are Braver Angels Video

<https://www.youtube.com/watch?v=mGwGD>

[OemWPo](#)



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Depolarizing Within ecourse is designed to foster skills to help you lessen the effects of polarization.

We will do the self assessment in part 1
and sample some of part 2



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Taking this ecourse will help you to...

- 1. Become more aware of your own inner polarizer**
- 2. Learn how to be critical without resorting to...**
- 3. Build skills for intervening in a constructive way**



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We're going to answer (privately) the six questions in Part 1 of the Depolarizing Within ecourse

Recognizing My Inner Polarizer



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When answering questions think about:

“All those people”

Who support politicians that we wouldn't

Who support policies that we wouldn't

Who just drive us crazy



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How often do I find myself thinking about “those people” on the other political side without much regard for the variation among them?

Often

Sometimes

Never



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**How often do I find myself assigning
mainly self-serving or negative
motives to the other group - and
mainly positive motives to my group?**

Often

Sometimes

Never



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How often do I find myself focusing on the most extreme or outrageous ideas and people on the other side, thereby making it hard to see how a reasonable person could remain in that group?

Often

Sometimes

Never



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**How often do I find myself comparing
the *worst people* on the other side with
the *best people* on my side?**

Often

Sometimes

Never



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How often do I feel a “rush” of pleasure with friends when we ridicule those crazies on the other political side?

Often

Sometimes

Never

Which of the following is closest to my overall emotional attitude towards the majority of people who support the other side?

- **Hate. They are enemies out to destroy the country.**
- **Disdain. They are ignorant and should know better.**
- **Pity. They are well meaning but duped.**
- **Basic respect. They make contributions even if they are mostly off base.**
- **Respect and appreciation. They make unique and necessary contributions.**



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Part 2: Strategies to Counteract My Inner Polarizer

Part 3: How To Talk about the Other Side in a Non-polarizing Way

Part 4: Skills for Depolarizing Conversations - Using LAPP skills:

- Listen
- Acknowledge
- Pivot
- Perspective

[practice LAPP skills](#)



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Final Thoughts?

Link to Depolarizing Within ecourse:

<https://storage.googleapis.com/courseware.braverangels.org/depolarizing-within/index.html#/>

Link to BA website: <https://braverangels.org/>