



Be Agreeable

What does it mean?

- I harmonize my needs and preferences with those of others around me.
- I admit that I don't know and consider I might be wrong.
- I thoughtfully work to resolve issues.
- I ask questions to seek clarification and find areas of agreement.
- I disagree respectfully.
- I can stand strong in my own views while considering other perspectives.

Disagreements are part of life; our agility and skill in disagreeing respectfully can make all the difference in how we connect and move forward.

"To disagree, one doesn't have to be disagreeable."

- Barry Goldwater



Be

Agreeable

Looks like:

Sounds like:

Feels like:



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Agreeable

Looks like:

- Engaged action
- Discussing and helping each other
- Consideration of opinions, multiple options and potential outcomes

Sounds like:

- Engaged conversation
- Focused on the issue
- Open sharing of opinions and ideas
- Asking and answering questions
- Courteous comments are used such as "thank you" "please"

Feels like:

- * Safe to share even when ideas are controversial
- * Intentions are trusted
- * Strengths are valued and weaknesses are supported
- * Assertive rather than passive or aggressive



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Discussion Starter Questions:

What does "being agreeable" look like? Sound like? Feel like?

When you are with someone who is being disagreeable how do you feel? How do you view the person who is disagreeable?

You have heard the phrase, "Choose your battles wisely". How do you determine which battles to choose?

What is the difference between being assertive, being passive and being aggressive?

Identify a time when you were being disagreeable. How did it impact others? What were the consequences for others? If you could go back to the situation, how would you handle it?

Identify a problem solving situation in which your mind was initially made up but after listening to the views of others, you changed your opinion and found a way to compromise.

What is the difference between competition, compromise and collaboration?

Share a time when acknowledging a truth was painful or difficult.

Parents often say, "We are each given two ears and one mouth and we should use them in approximately that proportion." What does this mean?

In a recent editorial, the following advice was given. "Please don't tell me what you stand against. tell me instead what you stand for." What do you think of this advice?

Situations to Discuss:

You are a member of the student council that is planning an upcoming dance. One person is dominating the conversation. What might you say or do to engage everyone in the conversation?

You are at home with a parent. That parent seems in a really bad mood. You need to get to a scheduled school event. The parent does not recognize your need to get there. How do you deal with the situation?

Your class gets detention because of the actions of some students in the class. As an innocent class member, how do you react to the imposed consequence?

You have made your choice of a college. Your parents really want you to attend a different school. How do you make a case for your choice?

You feel strongly about something and want to explain this to another person but that person just will not listen. How do you feel? What might you say or do?

Several states have legalized marijuana (or other example such as gun control). What is your position on this? Explain how you support your position rather than why you are against the opposing position.