**An Informal/Unscientific Self-Check**

**How Much Do My Daily Actions Support Depolarization?**

It has been said that we can change the world by starting with our own daily attitudes, actions, and interactions. Have a discussion with someone else about any of these. Can you think of any others?

1.   I accept personal responsibility for acting in ways that support cross-partisan connection and understanding.

2.   I refrain from mocking, ridiculing, or demonizing those who hold different political views.

3.   I believe that a beginning point of common ground for all regardless of political views is the shared concern for the well-being of family and loved ones.

4.   I seek opportunities to learn how those with different political views formed them.

5.   I refrain from forwarding information on social media that mocks or demonizes those with different political views.

6.   I encourage my friends to treat friends and foes alike with courtesy.

7.   I seek opportunities to improve my skills at promoting cross-partisan relationships.

8.   In cross-partisan conversations, I choose to believe that the other person has good intentions.

9.   I choose not to view programs that use mocking and dehumanizing the “other side” as a form of entertainment.

10.   In listening to a person with a different political view, I listen to the opinion and for the unmet needs that might be behind the opinion (safety, financial security, and so on).

11.   Others?

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