

Post Election Rehab... **or how to soften our filters.**

We've reviewed the 4 boxes and what it means to dismantle our structures of knowing (see previous handouts). So what actions can we take based on that understanding?

- We can breathe. Seriously, don't forget to breath, deeply and consciously.
- We can practice Random Acts of Kindness, not limiting those acts to people we agree with.
- We can become genuinely curious and engage in conversations that strengthen (not divide) our relationships.

What else? What works for you when you notice it's time to soften your filters?