

How to Disagree Without Disconnecting

Practical Peace Solutions Session





**Be Peace.
Choose Peace.
Create Peace.**

Our Mission

Peace Through Action® USA inspires and equips everyday people to increase safety, belonging, and peace in their relationships and communities by cultivating their compassion and increasing their constructive communication and conflict resolution skills.



What We Do

- **Explore** issues of civic and social concern by producing events and resources.
- **Promote** examples of inspiring community peacebuilders.
- **Encourage** spiritual self-care and anchoring.
- **Teach** practical peace skills.
- **Support** personal and small group action planning for peace.
- **Bolster** community peacebuilding efforts.
- **Advocate** for a socially just society.



Session Outline

Part 1: Orientation

Part 2: Lesson

Part 3: Guided Practice

Part 4: Applied Practice

Part 5: Reflection

Part 6: Call to Action



Orientation

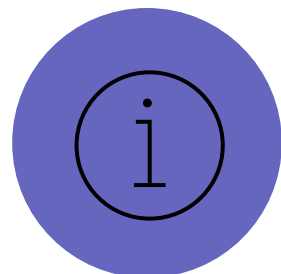


Safety and Sociability



Practice Mutual Respect

Show kindness. Listen to each other.



Share Personally

Use “I” statements when sharing.



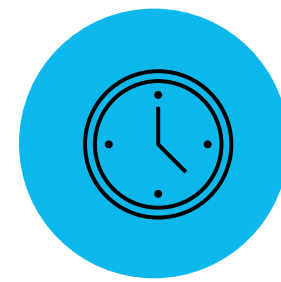
Include Everyone

Take turns when sharing. Encourage, but don't pressure, others to share.



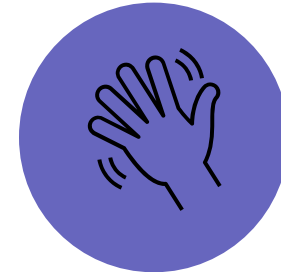
Assume Confidentiality

What's shared stays. What's learned leaves.



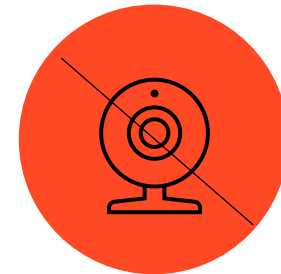
Start on Time | End on Time

This session will begin and end on time..



Say Hi!

Introduce yourself in the chat.



Or Don't Say Hi

If you wish to stay anonymous, change your participant name, mute mic, keep video off.



We're Recording

We are audio and video recording.



Engage!

Type questions and comments in chat. Or raise your hand to signal you want to share.



Improve Your View

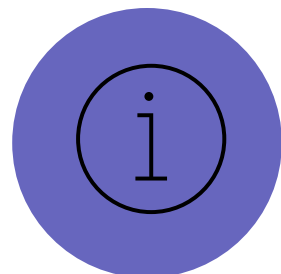
Use Speakers view or Gallery view.

Safety and Sociability



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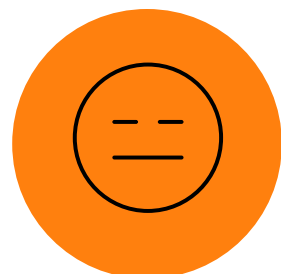
Share Personally

Use “I” statements when sharing.



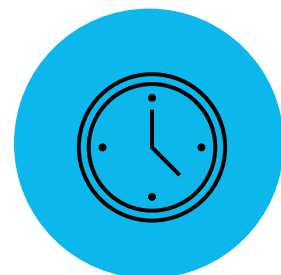
Include Everyone

Take turns when sharing. Encourage, but don't pressure, others to share.



Assume Confidentiality

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Start on Time | End on Time

This session will begin and end on time.



Introduce Yourself

Provide whatever information about yourself you wish to share.



Or Maintain Your Privacy

If you would rather not disclose your name or other information, that's okay too.



We May Take Photos or Videos

If you don't want to be included, let the person taking them know.



It's Okay to Move

Sit, stand, and stretch as you wish.



Step Away | Take Leave

Step away or leave as needed.

Session Purpose

The purpose of this session is to help participants strengthen their ability to disagree in ways that remain respectful, promote constructive outcomes, and build connection in their relationships and communities.

After the session, participants will be able to:

- Use five key strategies to disagree productively.
- Apply these strategies to real-life conflict scenarios.
- Practice disagreeing respectfully while preserving relationships.





Lesson



Disagreement Toolkit: Five Expert Strategies

1. Power of the Pause - Breathe and pause 3 seconds before responding
2. Question Before Countering – Ask a genuine question first.
3. Find the 10% Truth – Acknowledge some part you agree with.
4. Reframe with “I” Statements – Focus on your own experience.
5. Exit with an Open Door – If heated, pause, and revisit later.



Guided Practice



Guided Practice: “The Disengagement Game”

- Form small groups.
- Each group draws a disagreement scenario.
- Respond using one of the five strategies.
- **Debrief:** Which techniques kept it respectful?



Applied Practice



Applied Practice: Difficult Conversations Role-Play

- Practice in pairs with pre-written scenarios.
- One plays the disagreeing person; one responds using the five strategies.
- **Debrief:** Which approaches were most effective? What challenges arose?



Reflection



Reflection: “What If . . .”

Rapid Responses

- What if the other person won't listen?
- What if they get defensive or emotional?
- What if the conversation gets heated?



Call to Action



Key Takeaways

- Disagreement doesn't have to divide us.
- Constructive disagreement builds understanding and respect.
- Use the five strategies to keep dialogue open and relationships strong.



Complete

Tell us what you learned from this session. Please complete this short survey.



bit.ly/PeaceActPostSurvey



Sign Up

Keep up with us by email.



peacethroughaction.org/email



Consent

Complete our media release to give us permission to use your name, voice, and/or image.



bit.ly/PeaceActMediaRelease



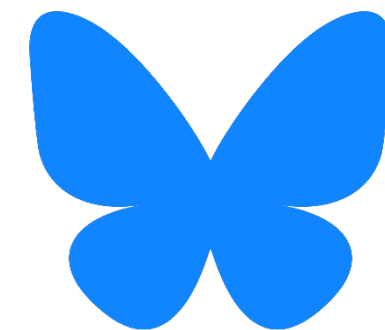
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Volunteer

- Boost our social posts.
- Teach a peace skill.
- Host an action meet-up.
- Write issue briefs.
- Join our board of directors.
- Propose your own activity!



peacethroughaction.org/volunteer



Give

Support our mission activities with a gift of money for peace.



peacethroughaction.org/give



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