

“People often silence themselves, or "agree to disagree" without fully exploring the actual nature of the disagreement, for the sake of protecting a relationship and maintaining connection. But when we avoid certain conversations, and never fully learn how the other person feels about all of the issues, we sometimes end up making assumptions that not only perpetuate but deepen misunderstandings, and that can generate resentment.”

Brené Brown ([Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone](#))

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell about a time that you became silent, rather than state your disagreement to what another, or others, were sharing.**
(i.e., You did not feel safe to share your disagreement and/or thoughts)
- 2. Share what you learned as a child about “conflict” and how that has impacted your life and the lives of those you love.**
(i.e., How did, and/or does, your family deal with conflict and “agree to disagree?”)
- 3. Share about a time of conflict where you made “assumptions that not only perpetuate[d] but deepen misunderstandings and that ... generate[d] resentment.”**
(What assumptions did you make? Did they turn out to be true? Are you still holding on to some resentment? Why?)

Check out and download more small group storytelling reflections and prompts at:

<http://www.lifesjourney.us/storytelling-in-small-groups-menu/>

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