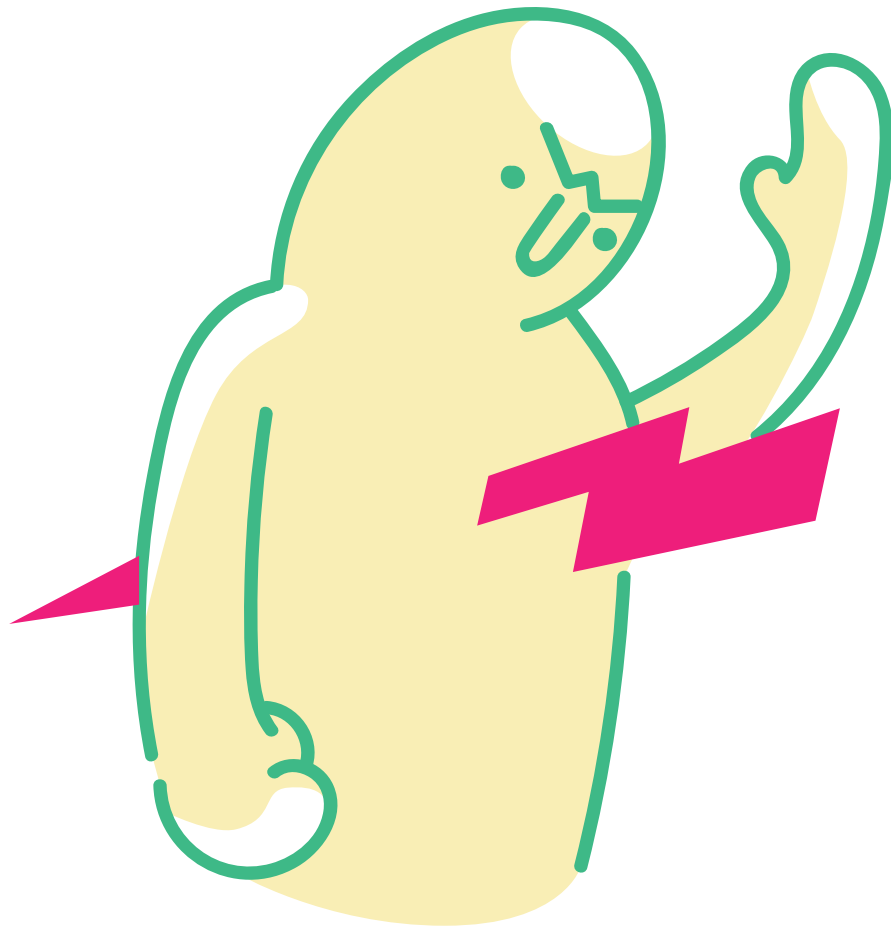
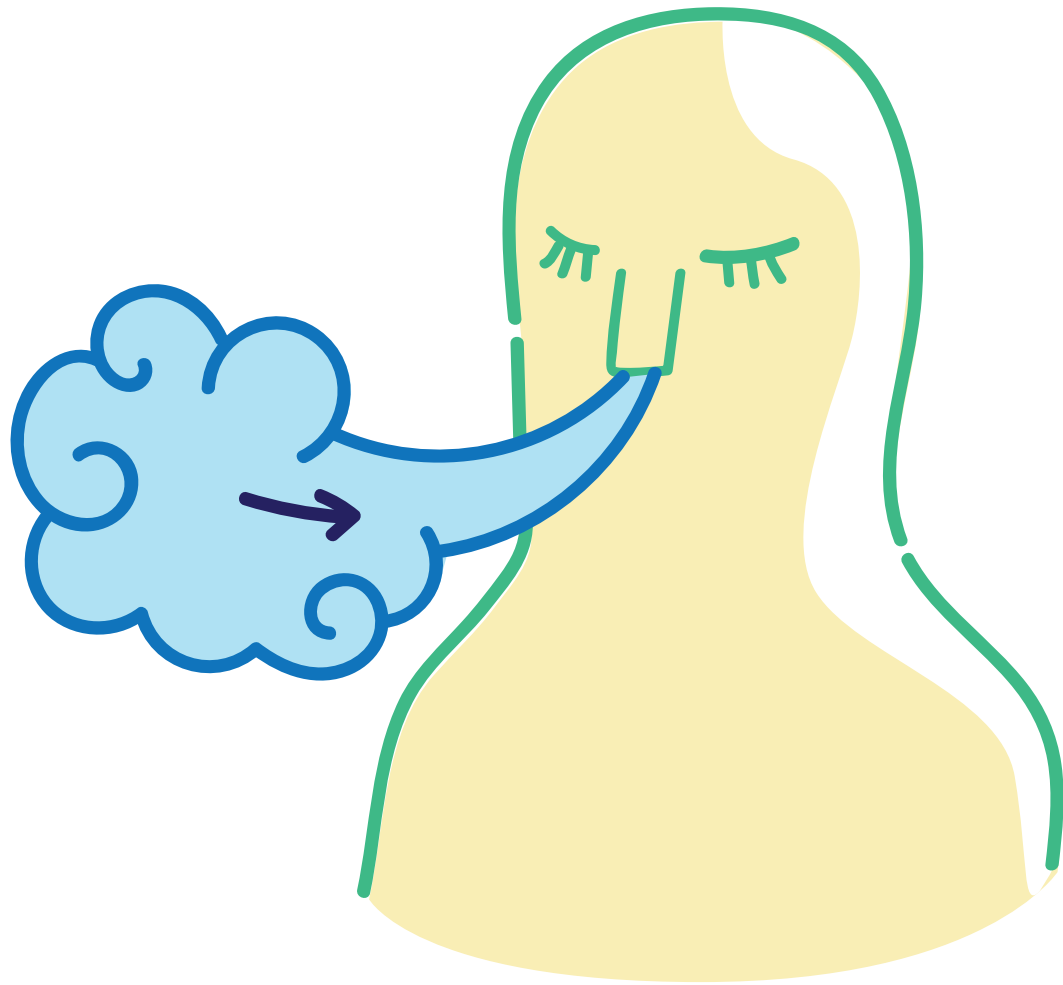


How to handle disagreements?

**CoPE
Together**



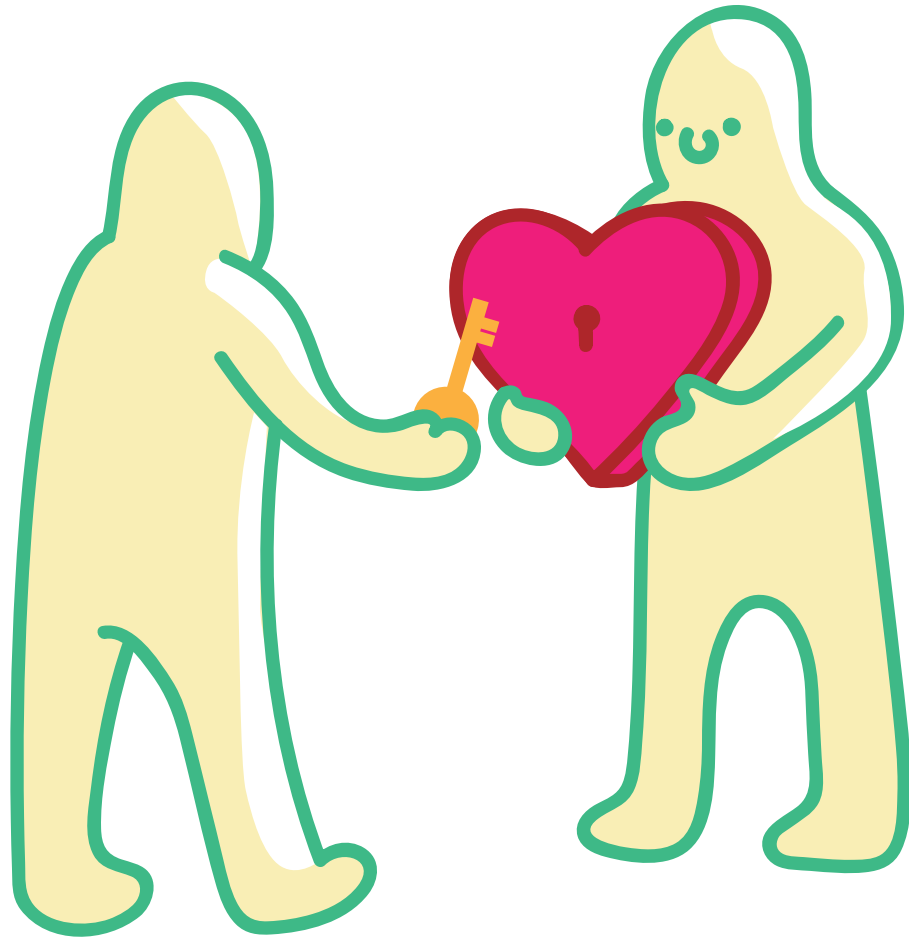
You may experience intense emotions while interacting with others who hold an opposing or very different view from you. It can be difficult to handle such a situation calmly and rationally.



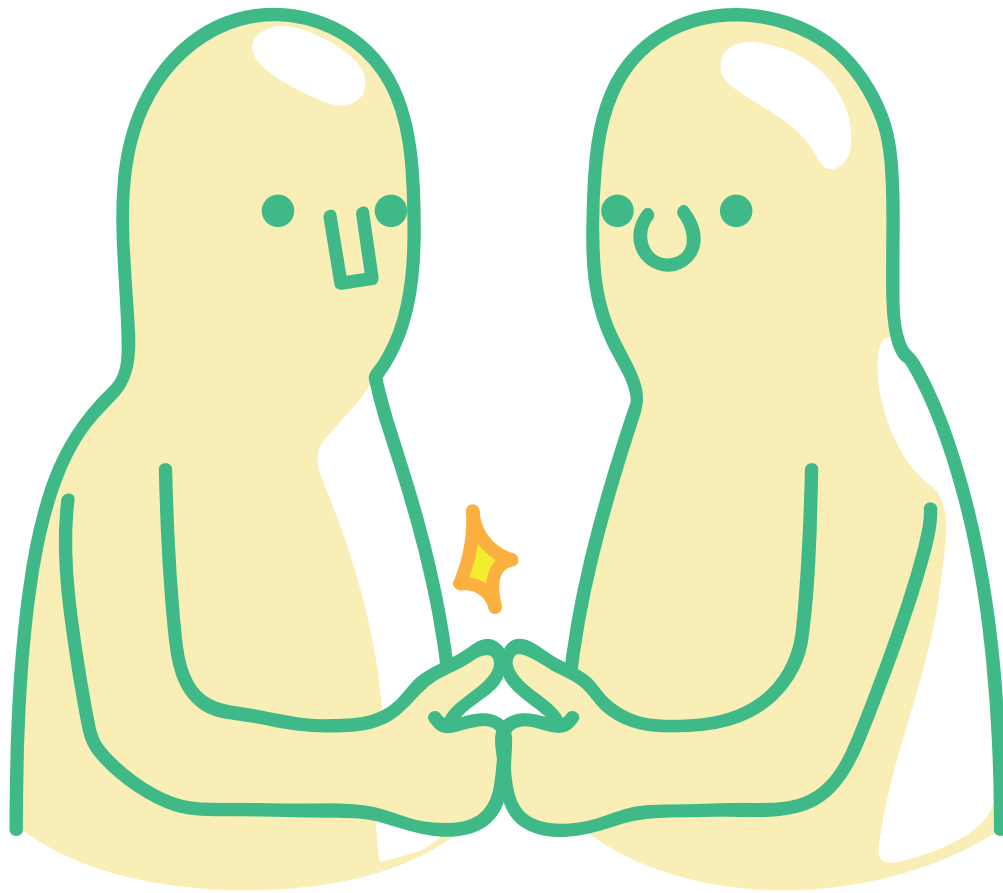
Be mindful of your emotions. Taking a deep breath would help you slow down your pace and stay calm from the overwhelming emotions.



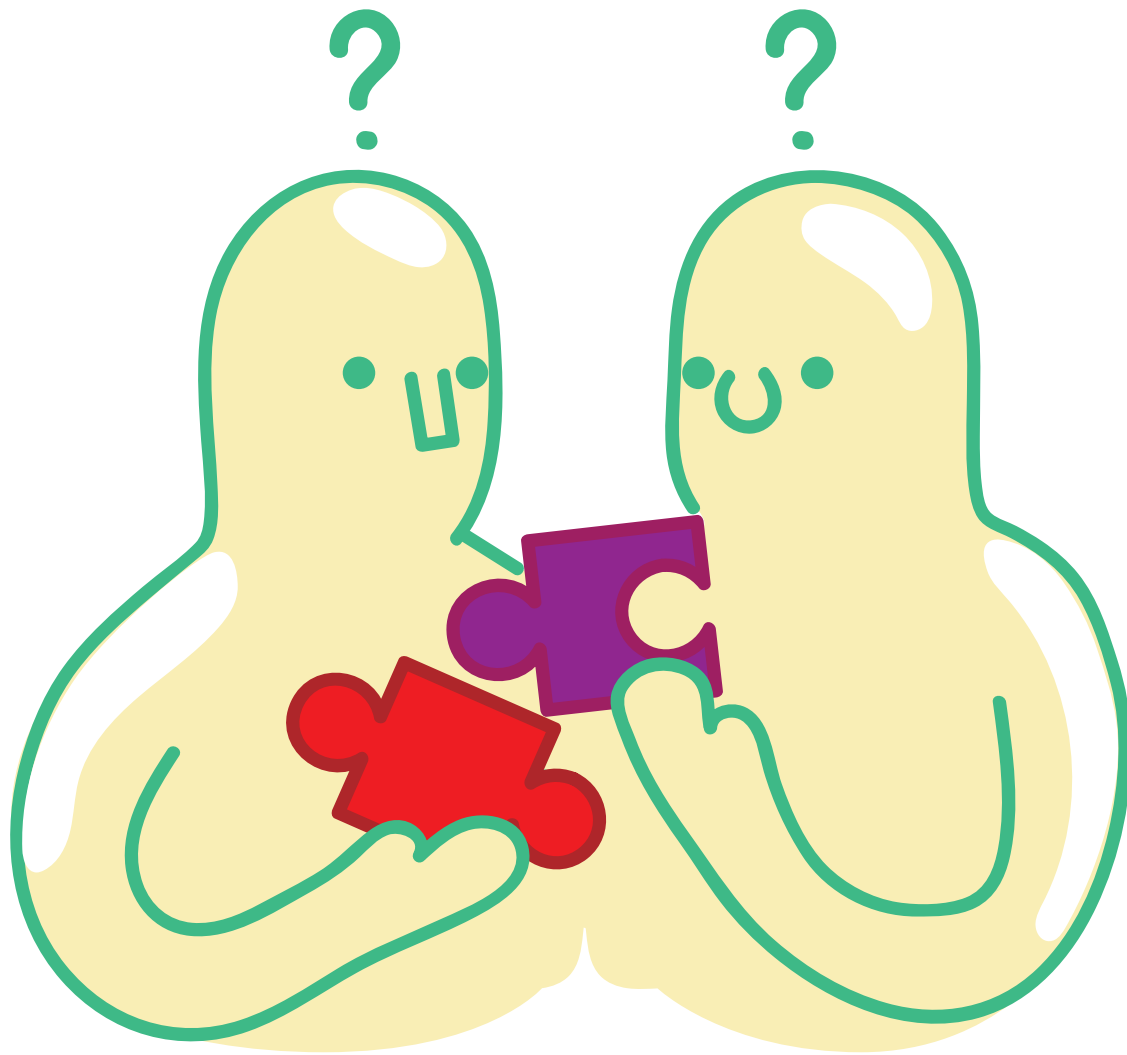
Try to listen to others' worries and points of view.



Try to understand how others' personal experiences, family backgrounds, educational backgrounds and sources of information may affect their perspectives.



If you can identify the common ground, focus on these areas and try to draw a constructive conclusion through connecting various points.



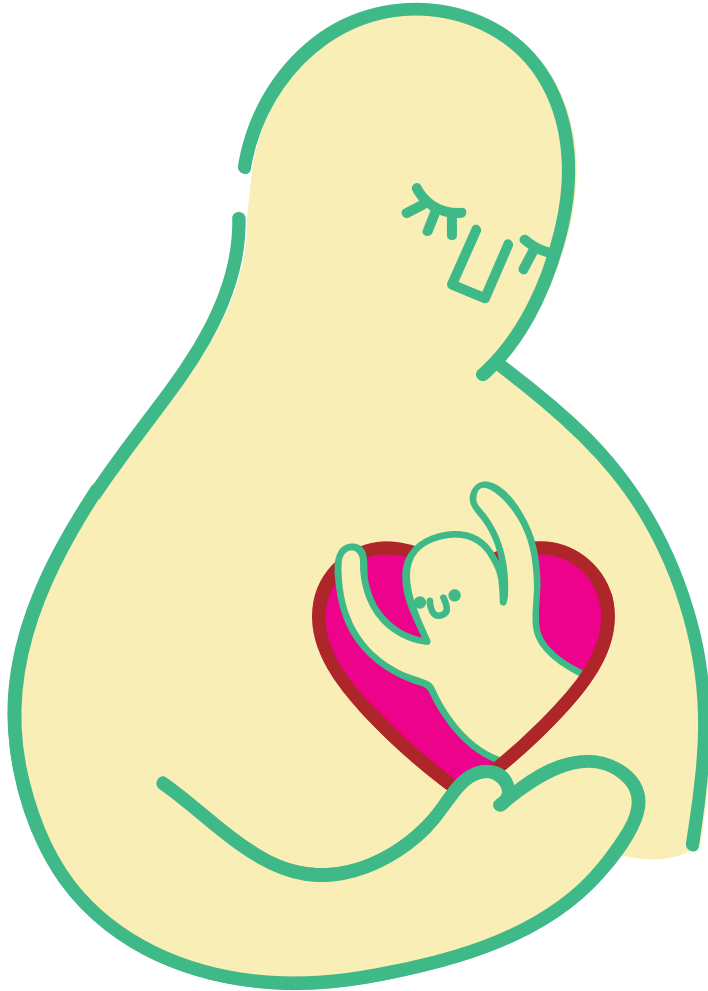
If no common ground can be identified, acknowledge the differences between each other.



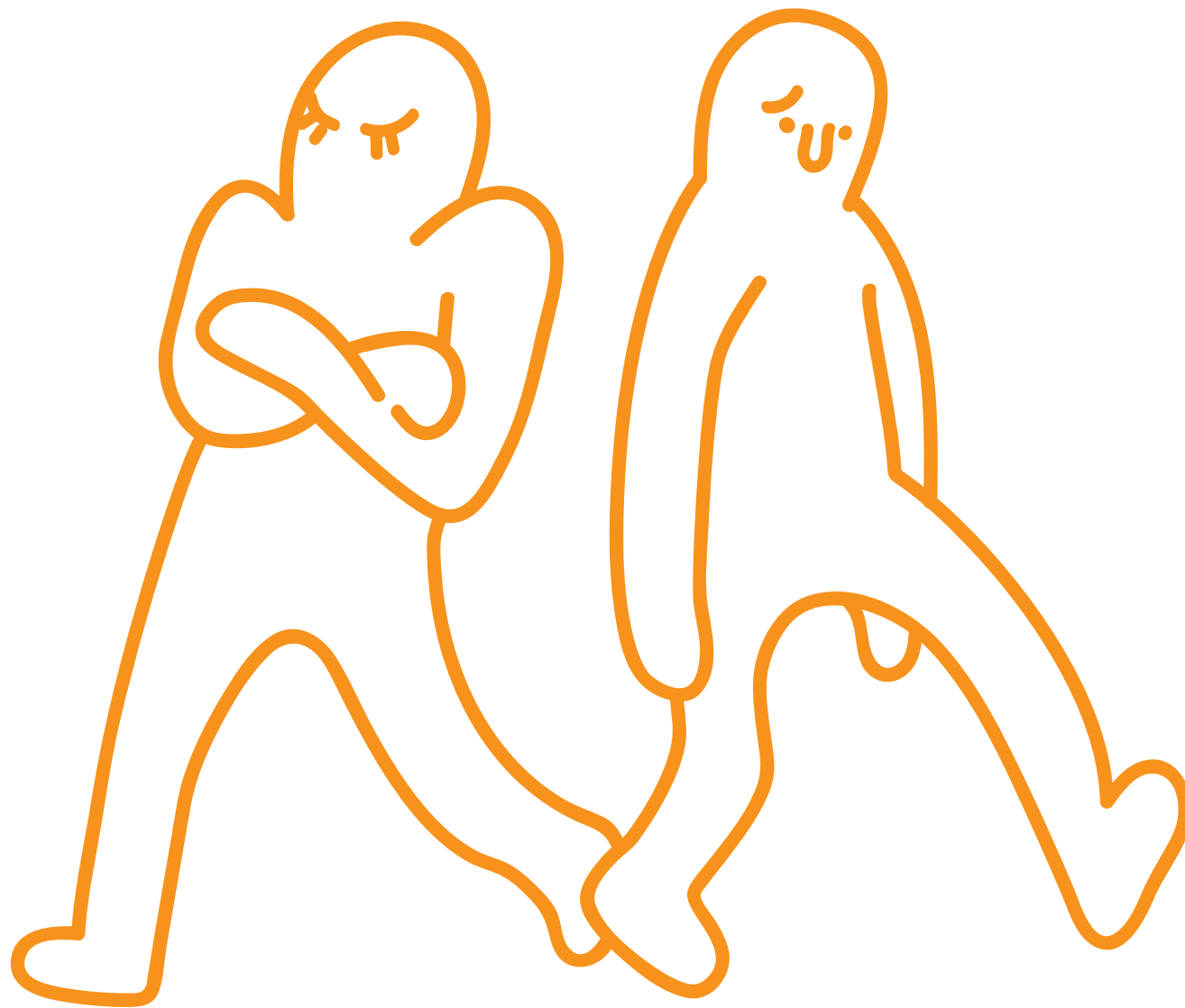
If you are not ready to talk or carry on the discussion, you may suggest stopping the conversation for the time being. Give each other space to cool down and reflect.



**Review your relationship.
Do you share any
precious memories with
this friend? Is s/he
someone you value?**



You share your thoughts because you care for the relationship. Stay in touch, you can always talk to your friend again later at a suitable time.



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