

TOXICITY INVENTORY



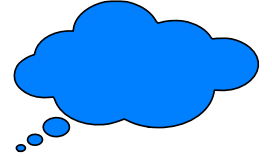
Research suggests that change is more likely when there is a “mutually hurting stalemate.” A mutually hurting stalemate happens when disputants in a conflict (the reds, the blues, and the independent leaners, in our case) see the situation they are in as chronically stuck and unlikely to be unilaterally “won” by either side, and when the disputants are experiencing enough pain, regret, or dread right now to motivate them to find an alternative way out.

Using the table below, consider the various spaces and communities you occupy in your life. Which of these spaces do you experience or observe toxic polarization?

Within each box, make a few notes and rate on a scale of 1-to-10 (1=lowest/10=highest) how much each space is impacted by toxic polarization.

Work	School	Recreational Spaces
Volunteer Activities	Home	Extended Family
Friends	Place of Worship	Neighborhood
City, Town, or Village	State	Country

REFLECT



- What effect does this toxic polarization have on your life?
- How does this toxicity impact your relationships?
- How does this toxicity impact your quality of life? How?
- Do you see a “mutually hurting stalemate” in any of the contexts listed above?