

# FIND YOUR COMMUNITY



A central message of this book is that finding “the way out” in fact requires being open to seeing the ways out. In the face of the complex forces that interact over time to create our present state of toxic polarization, we need many different kinds of people acting in different constructive ways across our nation to begin to heal our divides and build a future together.

Given that what is required of us is many different kinds of people adapting their strategies in different parts of the broader context, it is useful to reflect on where your own skills, orientations, and strengths fit in.

Below is a list of ways to engage. I encourage you to check off the ones that speak to you, and then to articulate some intentions for how you’ll connect and engage in the days and weeks to come.

- Open a dialogue with a friend or family member with whom you have differences. This can be as simple as asking for more clarification on a matter of political tension in organic conversation, or could involve directly initiating a conversation to better understand one another on divisive issues.
- Identify an issue of importance to you and find an organization leading education or advocacy efforts. Find out how you can get involved.
- Research volunteer opportunities in your community, and sign up to get involved.
- Start a book club related to issues of toxic polarization—read historical books, books on our system of government, books about the nature of polarization, books about reconciliation.
- Read through the [Bridging Divides Ecosystem Map](#) and identify organizations in your area to connect with.
- Join a dialogue group in your area, and if there aren’t any, start one. There are many [active groups around the country](#), and many organizations that offer “starter guides” for people interested in hosting their own local events.
- If you are part of a faith community, see what service projects are active in your place of worship and get involved.
- If you are part of a faith community, explore the possibility of inter-faith dialogues and engagement. There are many interfaith organizations around the country, and organizations like [One America Movement](#) support faith communities in confronting toxic polarization.

# FIND YOUR COMMUNITY



In order to connect to others who are interested in counteracting our current state of toxic polarization, I intend to...

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