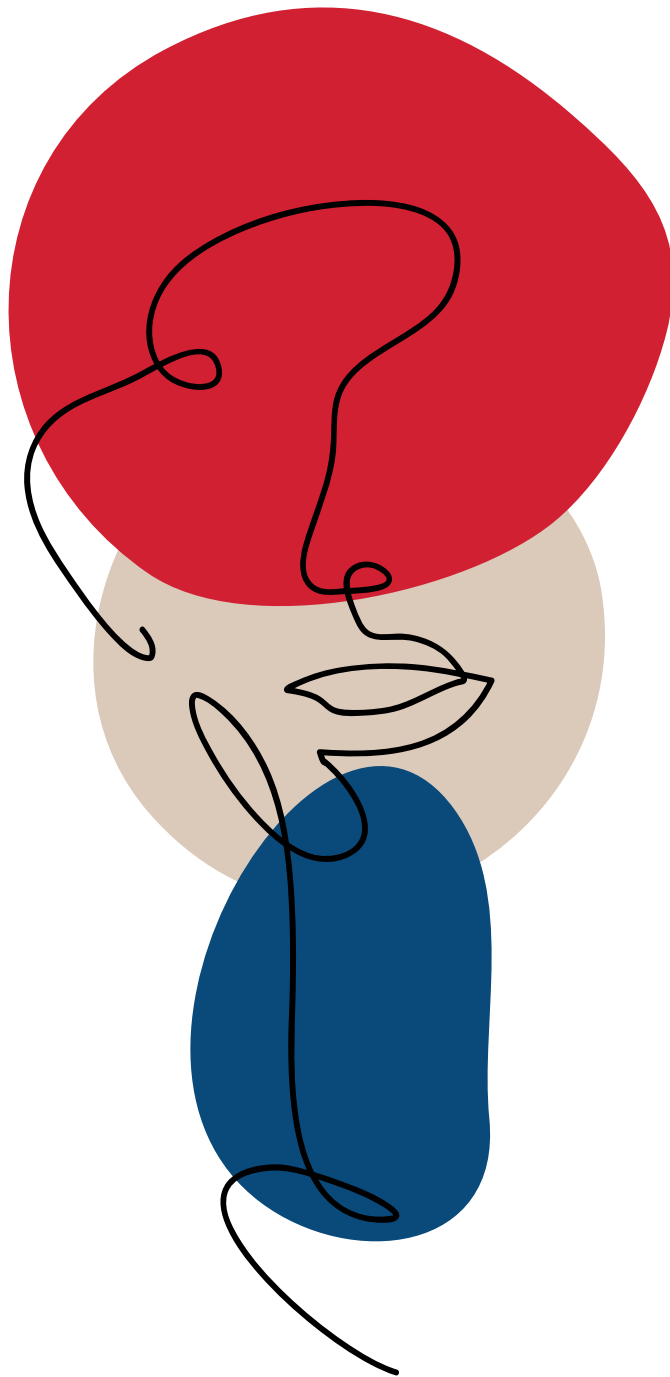


The First Step Workbook

*Countering polarization
by critically assessing
our own worldviews*




Welcome to the First Step Workbook! We admire your personal commitment to countering fragmentation and polarization.

We lament the divisions in our society. We strive to bridge divides, but also struggle to get beyond our preconceptions of the “other side”. How do we see the issues, each other, and ourselves with fresh eyes?

We believe we each have power to reduce demonization and to counter polarization by critically assessing our own worldviews. The first step to transcending what divides us is to hold a mirror to our own views, assess where these beliefs are rooted, and examine our biases and assumptions critically in a brave space that allows us to better understand others and ourselves.

These types of skills and dispositions are the necessary precursors for any lasting reckoning and reconciliation in civic life. Today we’re here to start a practice that we hope you will take with you and continue in your everyday life.

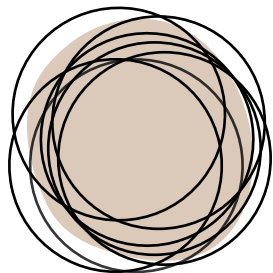
Importantly, this practice is not designed to change your mind, or to dismiss your lived experience. Rather, it provides space and structure to tend to your worldviews in a way we are typically not afforded in our everyday lives.



This workbook explores how to counter polarization by empowering Americans to critically assess our own worldviews, while still honoring our own truths and lived experiences.

This workbook is part of the Devil's Advocacy Initiative, which is a collaboration between the Aspen Institute's Program on Citizenship and American Identity, created to help promote a shared sense of national identity and civic purpose, and the Fetzer Institute, whose mission is to help build the spiritual foundation for a loving world.

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Finally, we will reflect on the process and how you want might move forward from here.

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BEFORE YOU BEGIN, CONSIDER THIS:



This workbook goes beyond skill-building alone. We approach the polarization in American democracy as an issue that is not only practical, but also spiritual. Throughout this process, you will engage in contemplative practices and reflections to help you more deeply understand your own beliefs and how they are applied to our complex world.



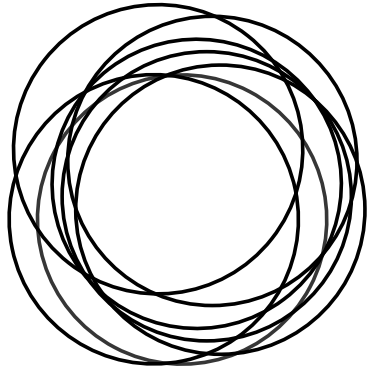
This workbook does not seek to change your mind. Rather, it will help you know yourself better. In knowing yourself better, you can more effectively engage with others and their differences.



This workbook is hard work. At times you might experience discomfort, difficulty, or uncertainty. You might consider completing this workbook in time-blocks; set a certain amount of time each day and make a commitment to fully show up then. When the work feels particularly uncomfortable, take a deep breath and remember to thank yourself for doing this work.

“We must courageously step up to both dimensions of this spiritual and moral challenge—the challenge of opening our hearts in love to all of our fellow Americans and the challenge of coming together to create a shared moral vision for America in the 21st century.”

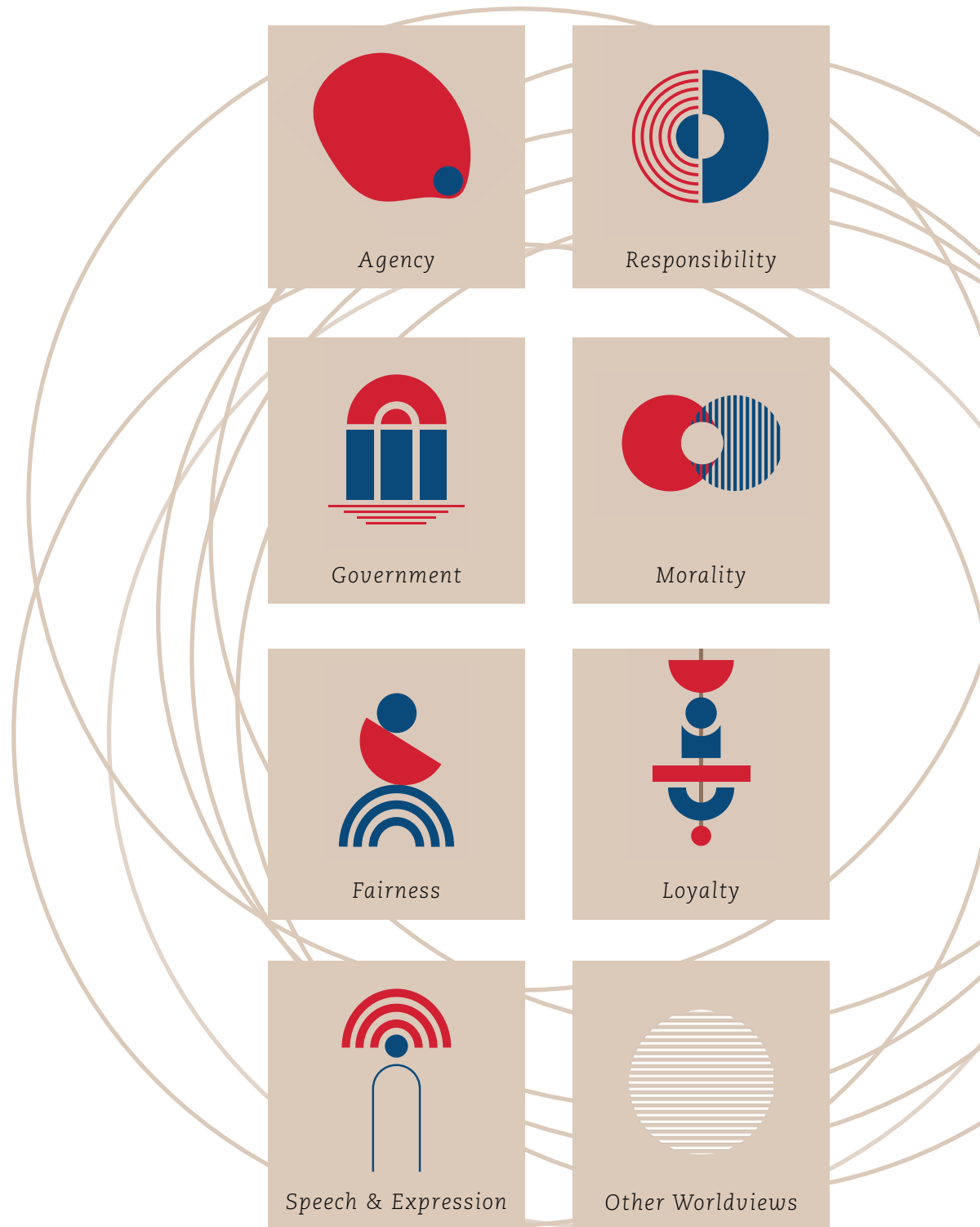
BOB BOISTURE
PRESIDENT & CEO, FETZER INSTITUTE

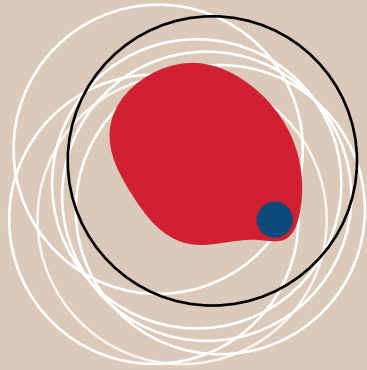


Articulating Your Worldview

Our worldviews determine how we perceive and interact with the world around us. There are a wide range of categories that add up to a person's complete worldview. Today, you will work with seven of those categories. Codify aspects of your personal worldview by exploring each of the following seven categories: Agency, Responsibility, Government, Morality, Fairness, Loyalty, and Speech & Expression.

For each of these seven worldview categories, you will have the opportunity to consider not only what your worldview is, but also why and how that worldview came to be.



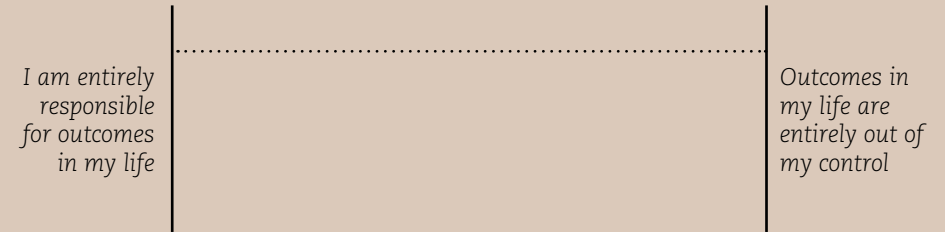


Agency

Beliefs about your control over outcomes in your life

STEP 1: MAP ON THE SPECTRUM

Take a moment and reflect on how much agency you feel you have in your day-to-day life. Choose as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.



STEP 2: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about your control over the outcomes in your life? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

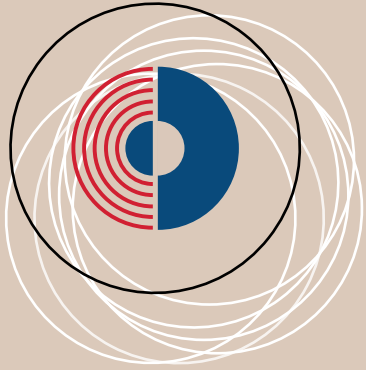
Was it particularly difficult or easy to pick where you fit on the spectrum? Why do you think that is?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 3: WRITE YOUR AGENCY STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe that outcomes in my life are...



Responsibility

Beliefs about how to
prioritize your own welfare
and the common good

STEP 1: MAP ON THE SPECTRUM

Consider how responsible you feel for your own welfare and how responsible you feel towards pursuing the common good generally. Select what initially comes to mind, choosing as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.



STEP 2: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider
in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about prioritizing your own welfare and the common good? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

Was it particularly difficult or easy to pick where you fit on the spectrum? Could it change based on circumstances? If so, why?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 3: WRITE YOUR RESPONSIBILITY STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe I am more responsible for...



Government

Beliefs about the role of government in society

STEP 1: MAP ON THE SPECTRUM

Consider what role you believe the government should play, specifically in the context of ensuring equity and opportunity for all versus protecting individual liberties. Choose as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.



STEP 2: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about the role of government? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

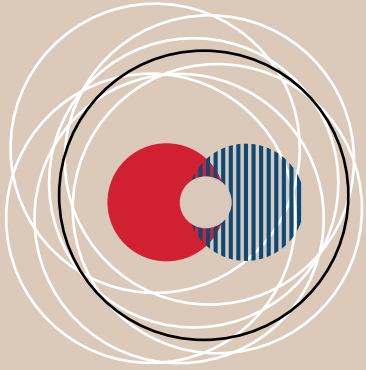
Was it particularly difficult or easy to pick where you fit on the spectrum? Why do you think that is?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 3: WRITE YOUR GOVERNMENT STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe the role of government is to...



Morality

Beliefs about what determines what is right and wrong

STEP 1: JOURNAL

Working through this worldview will take a slightly different approach. Before we dive into the morality spectrum, take 5-10 minutes and journal around the following question:

When confronted with an ethical dilemma, how do you determine which course of action you will take?

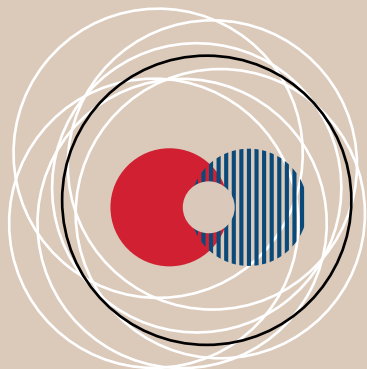
Use the space to the right to reflect and journal.

Writer's block?
Consider these additional questions

Are you guided more by principles or by outcomes?

Do you use more objective data or subjective values when determining right and wrong?

Do you believe morals are universal to everyone or relative to each person?



Morality

Beliefs about what determines what is right and wrong

STEP 2: MAP ON THE SPECTRUM

Read through your reflections on the prior page and consider where you might fall on the spectrum below. Choose as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.



STEP 3: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about what is right and wrong? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

Was it particularly difficult or easy to pick where you fit on the spectrum? Why do you think that is?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 4: WRITE YOUR MORALITY STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe that what is right and what is wrong is determined by...



Fairness

Beliefs about how rules are applied

STEP 1: MAP ON THE SPECTRUM

Consider your position on "Fairness". Where do you fall on a spectrum below regarding the following statement: "Fairness means..." Choose as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.

...rules are applied equally to all people regardless of individual circumstances

...adjusting rules as necessary based on individual circumstances

STEP 2: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about how rules are applied? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

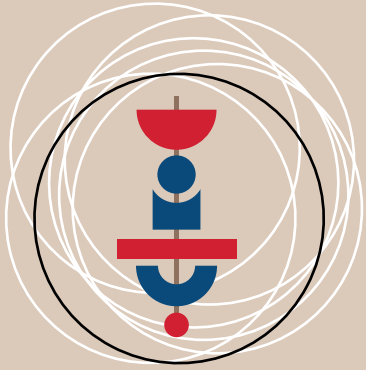
Was it particularly difficult or easy to pick where you fit on the spectrum? Why do you think that is?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 3: WRITE YOUR FAIRNESS STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe that fairness means...



Loyalty

Beliefs about what constitutes loyalty in your relationship with your peers

STEP 1: MAP ON THE SPECTRUM

Take a moment and reflect on your position around loyalty. Where would you fall on a spectrum below? Choose as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.



STEP 2: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about what constitutes loyalty? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

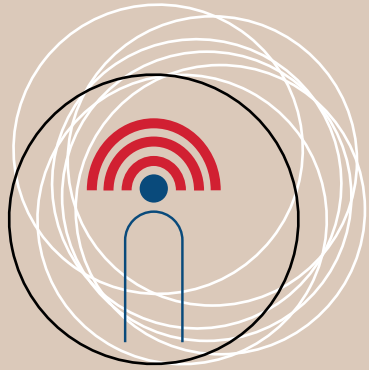
Was it particularly difficult or easy to pick where you fit on the spectrum? Why do you think that is?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 3: WRITE YOUR LOYALTY STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe that loyalty means...



Speech & Expression

Beliefs about limiting speech and expression

STEP 1: MAP ON THE SPECTRUM

Take a moment and reflect on your position around both speech and expression. Where would you fall on a spectrum below? Choose as many dots as you'd like and/or use the blank space in any way you'd like to depict how you relate to this worldview.



STEP 2: REFLECT AND FREE-WRITE

Take a moment and write down your responses to the following questions. You might consider free-writing or bulleting your responses. Do your best to write whatever comes initially to mind, without censoring yourself. The responses on this page are for you and you alone. If you need more space to write, feel free to use the extra pages in the back of this journal.

Questions to Consider in your Reflection:

What people, experiences, or communities have the most influence on your beliefs about speech and expression? What are some examples of how these people, experiences, or communities influence your beliefs?

In what ways has this worldview influenced the way you approach certain situations in your life?

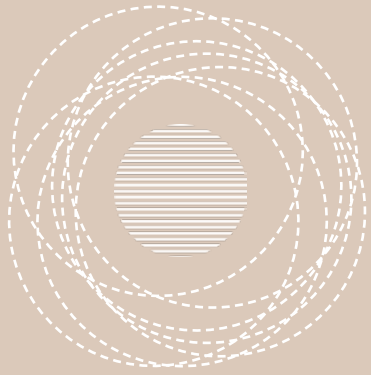
Was it particularly difficult or easy to pick where you fit on the spectrum? Why do you think that is?

Would you make any changes to how the spectrum is presented? What informs any tensions and/or certainties that you experienced? What nuance would you add?

STEP 3: WRITE YOUR SPEECH & EXPRESSION STATEMENT

Complete the sentence on the right, drawing on any insights, themes or thoughts that came up during your reflection. Try to keep your sentence short and pithy.

I believe that speech & expression...



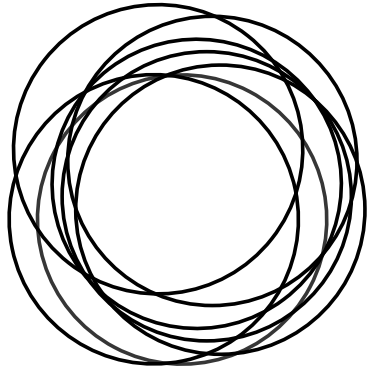
Other Worldviews

An optional space to articulate any worldviews that are missing for you.

DEFINING ADDITIONAL WORLDVIEWS

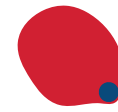
Worldviews determine how we perceive and interact with the world around us. There are a wide range of categories that add up to a person's complete worldview.

Are there any additional worldview categories that you'd like to add, outside of the seven worldviews provided in this workbook? If so, consider identifying the worldview, its spectrum and where you fall on it, and how this worldview came to be for you.



Your Worldview Statements

Congratulations on completing this section!
List out every one of your Worldview Statements here, so that you can see each in the same view.



I believe that outcomes in my life are...



I believe that I am more responsible for...



I believe the role of the government is to...



I believe that what is right and wrong is determined by...



I believe that fairness means...



I believe that loyalty means...



I believe that speech & expression...



Other Worldviews...

OPTIONAL EXERCISE

Revisiting the Spectrums

We recognize that these spectrums are anchored in certain views and biases. The linear nature of the spectrum may also feel inhibitive and not productive, for some. Please use this space to optionally revisit the spectrums presented earlier to reflect on what might have been missing and how you might represent the range of a worldview in a more representative way.



Agency

Beliefs about your control over outcomes in your life.



Fairness

Beliefs about how rules are applied.



Responsibility

Beliefs about how to prioritize your own welfare and the common good.



Loyalty

Beliefs about what constitutes loyalty in your relationship with your peers.



Government

Beliefs about the role of government in society.



Speech & Expression

Beliefs about limiting speech and expression.



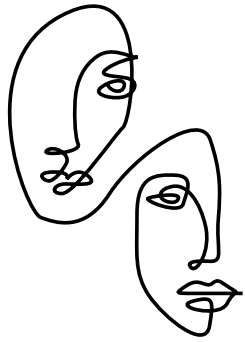
Morality

Beliefs about what determines what is right and wrong.



Other Worldviews

Any additional worldviews determine how you perceive and interact with the world.

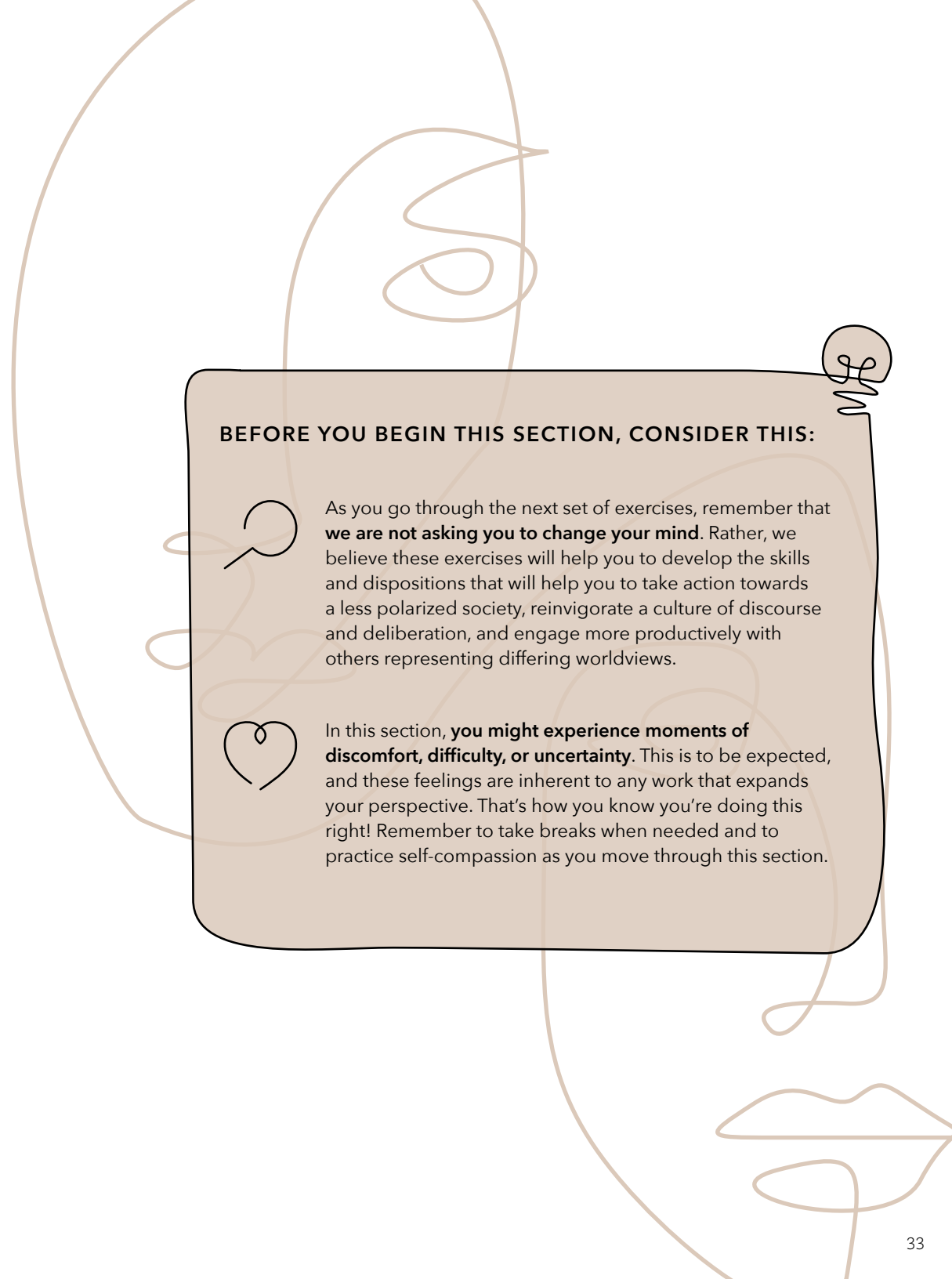


Challenging Worldviews

In this section, you will be guided to push yourself to challenge your own worldviews. First, you will apply your worldview statements to real-life scenarios in order to consider how these beliefs are manifested in a complex world. Then, you will play devil's advocate to your own beliefs by clarifying your statements, identifying your assumptions, providing evidence, considering alternatives, and evaluating consequences.

On the following pages, we provide two scenarios and the opportunity to create your own. We encourage you to complete at least one scenario in full, though you're welcome to also complete all three.

<i>Impact of Quotas on Subsistence Fishing</i>	34
<i>Fitness Classes during a Pandemic</i>	40
<i>Write Your Own Scenario</i>	46



BEFORE YOU BEGIN THIS SECTION, CONSIDER THIS:



As you go through the next set of exercises, remember that **we are not asking you to change your mind**. Rather, we believe these exercises will help you to develop the skills and dispositions that will help you to take action towards a less polarized society, reinvigorate a culture of discourse and deliberation, and engage more productively with others representing differing worldviews.



In this section, **you might experience moments of discomfort, difficulty, or uncertainty**. This is to be expected, and these feelings are inherent to any work that expands your perspective. That's how you know you're doing this right! Remember to take breaks when needed and to practice self-compassion as you move through this section.

Impact of Quotas on Subsistence Fishing

You are a fisherman. The provider of food for your family for your lifetime and for generations before that. Fishing is part of your identity and part of your family’s lineage. It gives you a sense of purpose and connection to your surrounding environment. This year your personal quota has been halved due to a weak run showing. Observers are concerned about the decreasing size of salmon year after year. You have a freezer of food that can feed your family through the season so you will not starve, but you won’t be satisfied. If you decide to honor the limits of your fishing permit, you will not be able to feed weekly meals of salmon to your family of four. If you take more than the limits of your fishing permit, you have a 90% chance of not getting caught. You are also aware that your neighbors have fishing quotas and need to feed their families as well. What do you do?



Agency

Beliefs about your control over outcomes in your life.



Fairness

Beliefs about how rules are applied.



Responsibility

Beliefs about how to prioritize your own welfare and the common good.



Loyalty

Beliefs about what constitutes loyalty in your relationship with your peers.



Government

Beliefs about the role of government in society.



Speech & Expression

Beliefs about limiting speech and expression.



Morality

Beliefs about what determines what is right and wrong.



Other Worldviews

Any additional worldviews determine how you perceive and interact with the world.

STEP 1: REACT

	FILL OUT THIS COLUMN FIRST	THEN, FILL OUT THIS COLUMN
	If you were the main character of this scenario...	If someone with opposite worldviews of you was the main character...
...how would you initially respond this scenario?		
... what worldviews have the most influence in your decision? In what ways do they influence your response?		
... what might be someone’s most critical interpretation of your response?		
... what might be someone’s most generous interpretation of your response?		
	<p><i>Tip: Consider what hopes, fears, needs, or beliefs might be motivating their response.</i></p>	

STEP 2: EXAMINE

Take a moment and journal through the following questions. Feel free to use the additional pages in the back of this journal if you require more room to write. Remember that your responses are for you and you alone.

What biases or beliefs might incline you to jump to the most critical interpretation?

List out the benefits or validity of a worldview that is opposite of your own. What value can this perspective provide?

Tip: In your response, consider statements such as: "Their perspective is valuable because..., as long as it doesn't..."

Consider the positives and negatives of your original response. Are there unintended consequences? How does or doesn't it live up to your original intentions and values?

Tip: In your response, consider statements such as: "My perspective is valuable because..., as long as it doesn't..."

STEP 3: RE-CONSIDER

Almost there! Re-read the following scenario before answering the last two reflection questions.

You are a fisherman. The provider of food for your family for your lifetime and for generations before that. Fishing is part of your identity and part of your family's lineage. It gives you a sense of purpose and connection to your surrounding environment. This year your personal quota has been halved due to a weak run showing. Observers are concerned about the decreasing size of salmon year after year. You have a freezer of food that can feed your family through the season so you will not starve, but you won't be satisfied. If you decide to honor the limits of your fishing permit, you will not be able to feed weekly meals of salmon to your family of four. If you take more than the limits of your fishing permit, you have a 90% chance of not getting caught. You are also aware that your neighbors have fishing quotas and need to feed their families as well. What do you do?

Given this reflection, would you change anything about how you respond to this scenario?

What advice would you give to your future self should you encounter a similar scenario?





The next two prompts may be the most challenging part of this workbook. It is absolutely expected to be experiencing moments of discomfort, difficulty, or uncertainty. Consider taking a few deep breaths and giving yourself some gratitude for doing this work before moving forward. Remember that this workbook is for you and you alone. Ask yourself how you might be even 5% more vulnerable and honest with yourself before moving forward.


SCENARIO


Fitness classes during a pandemic


A fitness instructor is teaching classes during the COVID-19 pandemic, and she must decide whether or not to wear a mask during her class. There is no city-wide mask mandate, nor gym policy about masks. There is conflicting conversation about the efficacy of mask use, with some groups advocating for mask-use to slow the spread of COVID-19, and others stating there is no clear evidence that the use of masks impacts the spread of COVID-19. Some instructors and attendees have worn masks to similar classes, and some have not.


 **Agency**
Beliefs about your control over outcomes in your life.


 **Responsibility**
Beliefs about how to prioritize your own welfare and the common good.


 **Government**
Beliefs about the role of government in society.

 **Morality**
Beliefs about what determines what is right and wrong.

 **Fairness**
Beliefs about how rules are applied.

 **Loyalty**
Beliefs about what constitutes loyalty in your relationship with your peers.

 **Speech & Expression**
Beliefs about limiting speech and expression.

 **Other Worldviews**
Any additional worldviews determine how you perceive and interact with the world.

STEP 1: REACT

	FILL OUT THIS COLUMN FIRST	THEN, FILL OUT THIS COLUMN
	If you were the fitness instructor...	If someone with opposite worldviews of you was the fitness instructor...
...how would you initially respond this scenario?		
... what worldviews have the most influence in your decision? In what ways do they influence your response?		
... what might be someone's most critical interpretation of your response?		
... what might be someone's most generous interpretation of your response? <i>Tip: Consider what hopes, fears, needs, or beliefs might be motivating their response.</i>		

STEP 2: EXAMINE

Take a moment and journal through the following questions. Feel free to use the additional pages in the back of this journal if you require more room to write. Remember that your responses are for you and you alone.

What biases or beliefs might incline you to jump to the most critical interpretation?

List out the benefits or validity of a worldview that is opposite of your own. What value can this perspective provide?

Tip: In your response, consider statements such as: "Their perspective is valuable because..., as long as it doesn't..."

Consider the positives and negatives of your original response. Are there unintended consequences? How does or doesn't it live up to your original intentions and values?

Tip: In your response, consider statements such as: "My perspective is valuable because..., as long as it doesn't..."

STEP 3: RE-CONSIDER

Almost there! Re-read the following scenario before answering the last two reflection questions.

A fitness instructor is teaching classes during the COVID-19 pandemic, and she must decide whether or not to wear a mask during her class. There is no city-wide mask mandate, nor gym policy about masks. There is conflicting conversation about the efficacy of mask use, with some groups advocating for mask-use to slow the spread of COVID-19, and others stating there is no clear evidence that the use of masks impacts the spread of COVID-19. Some instructors and attendees have worn masks to similar classes, and some have not.

Given this reflection, would you change anything about how you respond to this scenario?

What advice would you give to your future self should you encounter a similar scenario?



The next two prompts may be the most challenging part of this workbook.

It is absolutely expected to be experiencing moments of discomfort, difficulty, or uncertainty. Consider taking a few deep breaths and giving yourself some gratitude for doing this work before moving forward. Remember that this workbook is for you and you alone. Ask yourself how you might be even 5% more vulnerable and honest with yourself before moving forward.

Write Your Own Scenario

Use the space below to write your own scenario, describing an event that might be conflicting or complex in your current context. Try to write the scenario from the perspective of one person (i.e., the scenario's main character) and lay out a decision that that one person must make.



Agency

Beliefs about your control over outcomes in your life.



Responsibility

Beliefs about how to prioritize your own welfare and the common good.



Government

Beliefs about the role of government in society.



Morality

Beliefs about what determines what is right and wrong.



Fairness

Beliefs about how rules are applied.



Loyalty

Beliefs about what constitutes loyalty in your relationship with your peers.



Speech & Expression

Beliefs about limiting speech and expression.



Other Worldviews

Any additional worldviews determine how you perceive and interact with the world.

STEP 1: REACT

	FILL OUT THIS COLUMN FIRST	THEN, FILL OUT THIS COLUMN
	If you were the main character of this scenario...	If someone with opposite worldviews of you was the main character...
...how would you initially respond to this scenario?		
... what worldviews have the most influence in your decision? In what ways do they influence your response?		
... what might be someone's most critical interpretation of your response?		
... what might be someone's most generous interpretation of your response?		

Tip: Consider what hopes, fears, needs, or beliefs might be motivating their response.

STEP 2: EXAMINE

Take a moment and journal through the following questions. Feel free to use the additional pages in the back of this journal if you require more room to write. Remember that your responses are for you and you alone.

What biases or beliefs might incline you to jump to the most critical interpretation?

List out the benefits or validity of a worldview that is opposite of your own. What value can this perspective provide?

Tip: In your response, consider statements such as: "Their perspective is valuable because..., as long as it doesn't..."

Consider the positives and negatives of your original response. Are there unintended consequences? How does or doesn't it live up to your original intentions and values?

Tip: In your response, consider statements such as: "My perspective is valuable because..., as long as it doesn't..."

STEP 3: RE-CONSIDER

Almost there! Re-write and re-read the scenario you're working of off before answering the last two reflection questions.

Given this reflection, would you change anything about how you respond to this scenario?

What advice would you give to your future self should you encounter a similar scenario?



The next two prompts may be the most challenging part of this workbook. It is absolutely expected to be experiencing moments of discomfort, difficulty, or uncertainty. Consider taking a few deep breaths and giving yourself some gratitude for doing this work before moving forward. Remember that this workbook is for you and you alone. Ask yourself how you might be even 5% more vulnerable and honest with yourself before moving forward.





Making Commitments

You made it. Congratulations on making it through the workbook. This is tough work and you ought to take a moment and thank yourself for showing up so fully.

BEFORE YOU BEGIN THIS SECTION, CONSIDER THIS:



Find a comfortable seat and take a few deep breaths. Create an intentional transition between the section and the rest of the workbook



Take stock of your present surroundings using all your senses. After taking a few breaths, focus for 2 minutes on what you are touching, smelling, seeing, hearing, and tasting. Just observe and make note of what you are experiencing.



Finally, take a moment and arrive into your body, perhaps noting how you're feeling mentally, physically and emotionally now that you're concluding this workbook.

Closing Reflections

Answer the questions below as you conclude this workbook. Feel free to use the additional pages in the back of the journal, should you require more space to write.



What are some insights or takeaways you have from this experience?

How would you summarize your experiences working through this workbook? How might you describe this experience to a friend?

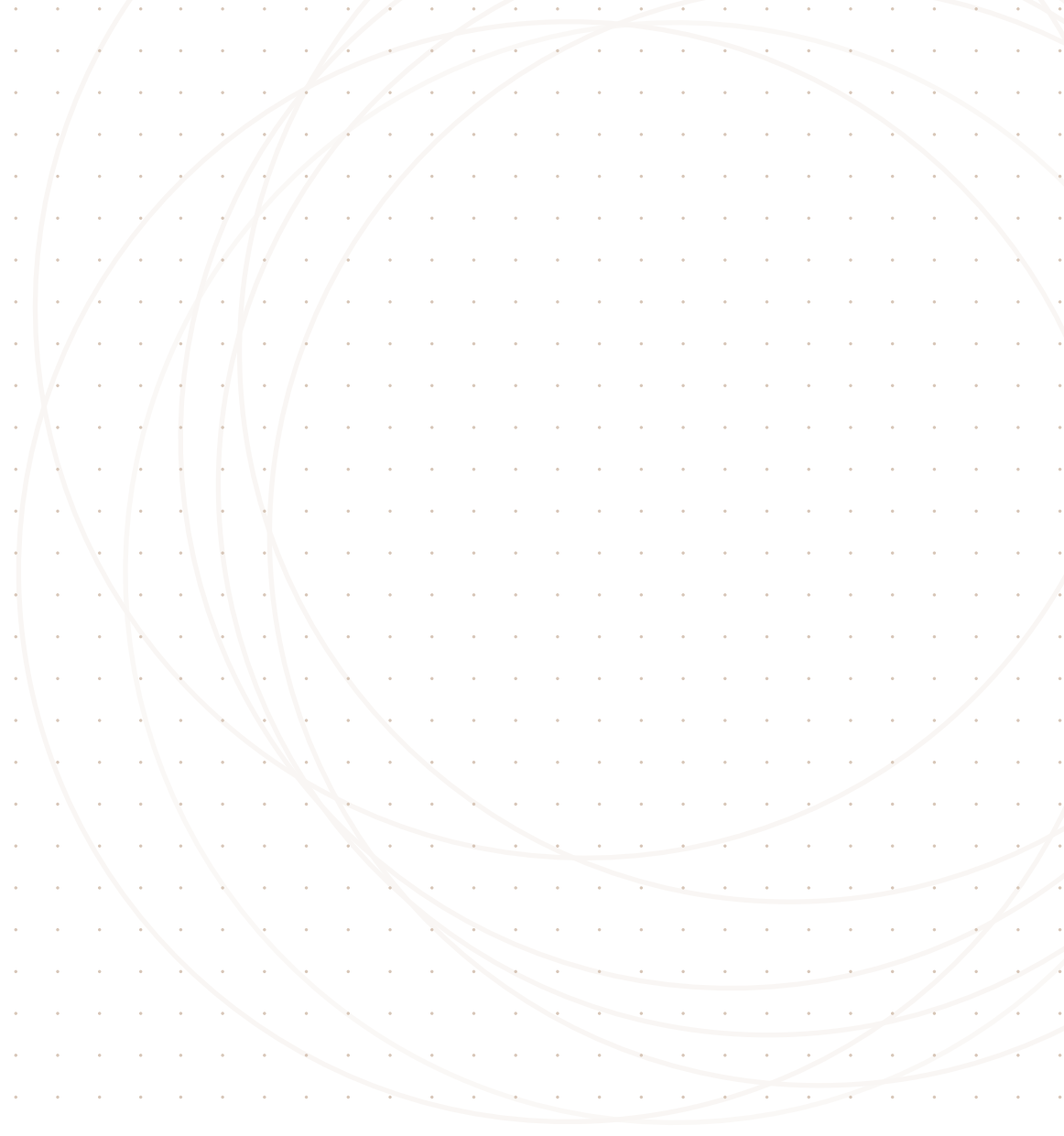
*What was most surprising about this experience?
What, if anything, was most uncomfortable?*

How can we both honor our own truths and lived experiences while also seeking a greater understanding of the complexities, nuances, and subjectivity of our own worldviews?

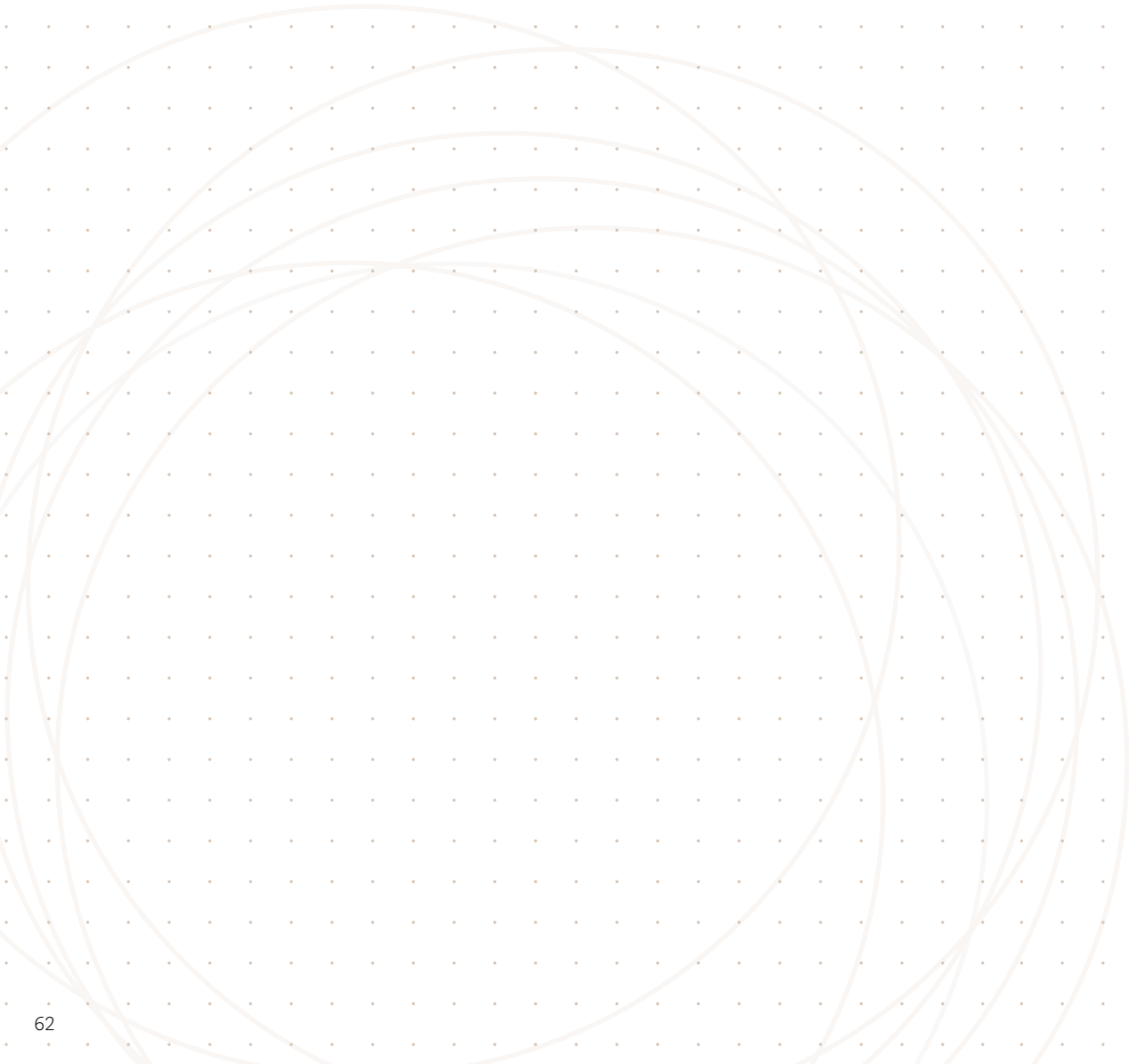
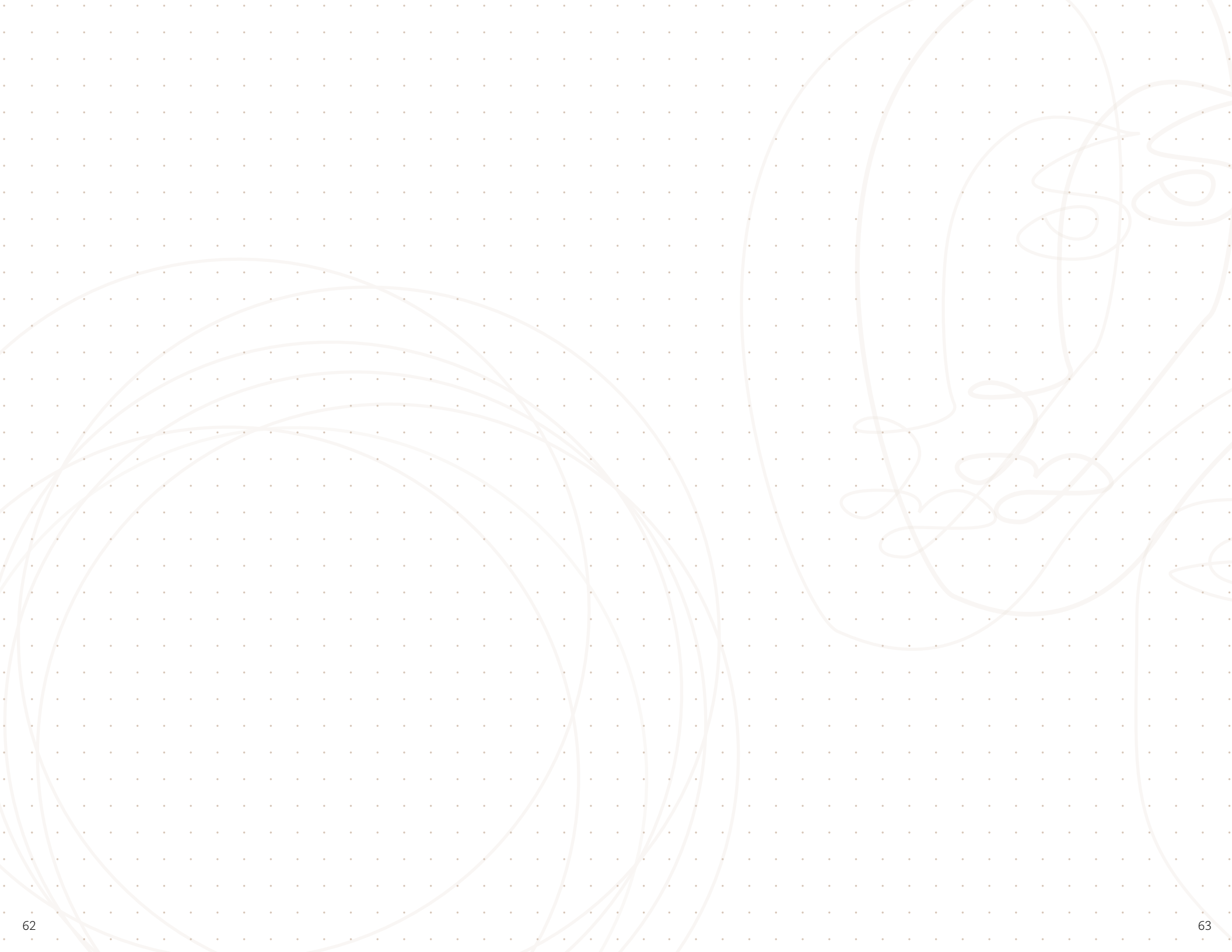
Knowing the path ahead might be challenging and that you will likely stumble, what is some advice you think your future self will need to hear, especially if you're not able to fully follow through with the above commitments?

Consider what commitments you would like to make to yourself. What viewpoints might we consider (whether our own or others) to inform our responses? How can we ensure our responses align with our values?

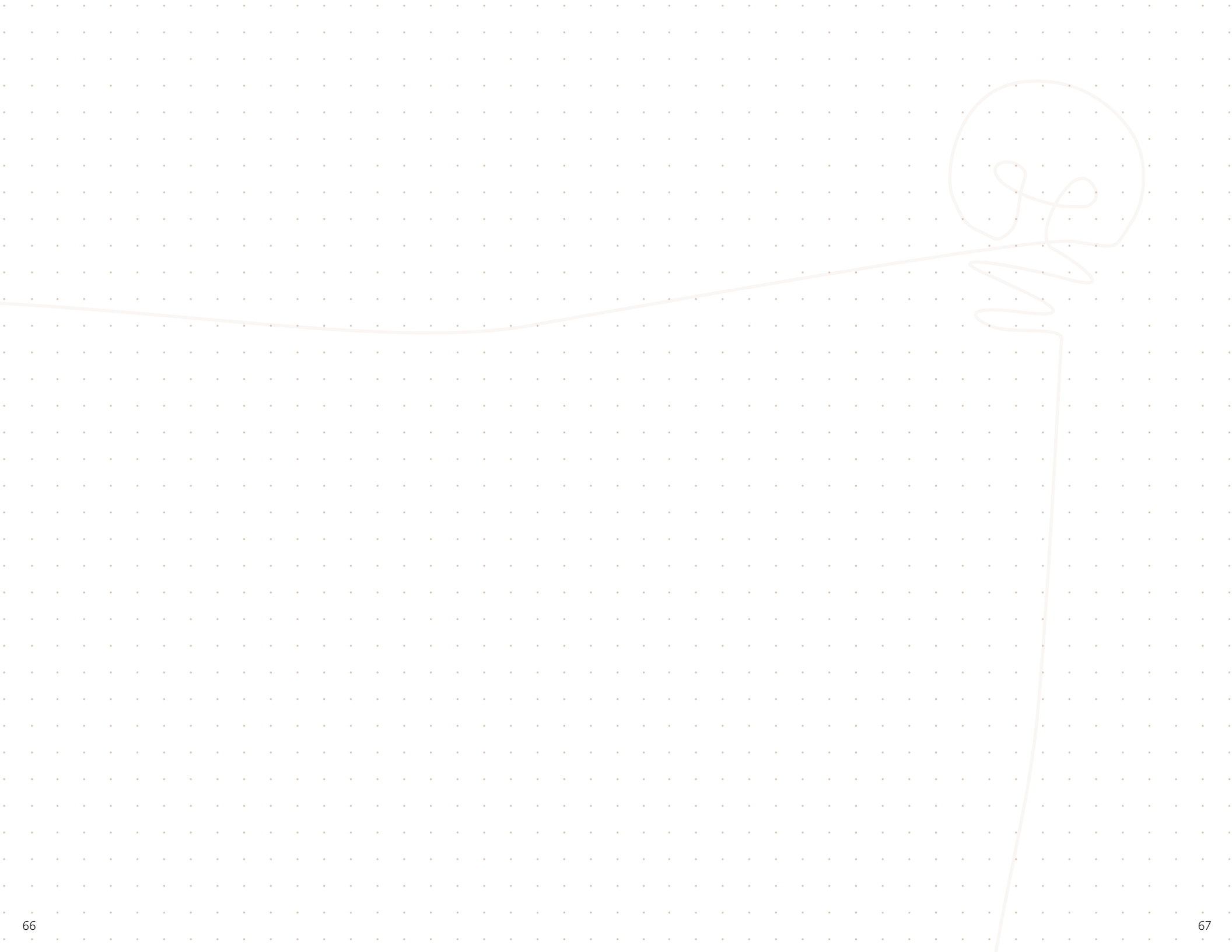














The Devil's Advocacy Initiative is a partnership between the Aspen Institute Citizenship and American Identity Program and the Fetzer Institute.

THE ASPEN INSTITUTE is a nonpartisan forum for values-based leadership and the exchange of ideas. **THE ASPEN INSTITUTE CITIZENSHIP AND AMERICAN IDENTITY PROGRAM** focuses on the challenge of sustaining strong citizenship in America and coherent national identity in an age of demographic flux and rising economic inequality. The program encompasses a range of cross partisan activity, from workshops and public forums to leadership summits and seminar-style discussions.

With a mission to help build the spiritual foundation for a loving world, **THE FETZER INSTITUTE** works with partners to catalyze a global movement that encourages personal and societal transformation. It is particularly interested in the health of our democracy and how our inner lives inform our outer actions. Overcoming political polarization is a heart-level change, and our democracy work is grounded in bridge-building efforts that focus on personal and societal transformation, elevating faith communities' voices for the common good, and racial healing. Fetzer believes we must go beyond political, social, and economic strategies to address the psychological and spiritual roots of the world's most critical issues. Learn more at fetzer.org.

For questions, feedback or to explore partnerships, please contact *Caroline Hopper* at caroline.hopper@aspeninstitute.org.

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