

## Healing the Divide: Week 5 - Cultivating Curiosity

*“The purpose in a person’s heart is like deep water, but a person of understanding will draw it out.”* — Proverbs 20:5

“To listen is to lean in, softly, with a willingness to be changed by what we hear.” — Mark Nepo

### The importance of curiosity

- Cues sense of safety and friendship
- Allows us to discover untrue assumptions
- Sets the stage for being able to have an empathetic connection
- Creates a deeper understanding, even within disagreements

### Open-ended questions as a skill

- Avoid leading questions, or ones where the answer can only be yes/no
- Cautious with “why” questions that can be experienced as judgmental
- Using “What” / “How” stems to invite exploration.
- Examples:
  - Where do you think that feeling comes from?
  - Can you describe that experience in more detail?
  - What does that mean to you?
  - Tell me what is most significant about that to you?
  - What about that would you like to be different?
  - How did that affect you?

### Discussion scenarios with open-ended question practice

First person asks a question, second person first uses the reflection skill. When understanding is confirmed, ask an open-ended question to deepen your understanding.

1. Talk about your experience with or opinion of environmentalist practices like recycling, buying electric cars, and using reusable containers?
2. Talk about your experience with or opinion of interfaith marriages and families?