

# PROMPTS FOR RESPECTFUL DISAGREEMENT

## Phrases to help you to respectfully disagree with others' opinions



You have the right to feel safe in all conversations. Here are some prompts to help you navigate respectful discussions on complex topics with differing opinions while prioritising your wellbeing.

**"Is that so?"**

This comment neither agrees nor disagrees with what the other person has said. It offers a comment for the other person's reflection.

**"Can I check that I have understood your ideas correctly please? What I heard was..."**

This sentence starter can be finished with any information where you are not sure about the other person's thinking and would like to understand them better.

**"Could you please explain why you believe ... "**

This sentence starter can be finished with the ideas that another person presents, to help you understand how they formed their opinion.

**"When you said .... I felt ... because I thought..."**

This sentence can help to explain your feelings and thoughts in response to what somebody has said. (Our feelings are based on our thoughts).

**"Could we please pause this conversation here as I am feeling... (uncomfortable)."**

This statement can help stop a conversation and help you to look after your wellbeing.

**"Thank you for sharing your opinion with me, I have a different view..."**

This sentence starter shows respect for an opinion that is different to yours and allows you to respond with your own ideas.

**"When you explained your opinion about ... I didn't agree because..."**

This sentence helps you provide a different opinion to another person, explaining your reasons for this.