

HOW DO I



TALK ABOUT

COVID-19?



Tips for talking about COVID-19 health decisions with friends and family when you don't agree



CHECK YOUR PERCEPTION OF THOSE YOU BELIEVE TO BE DOING "THE WRONG THING"

DON'T ASSUME YOU KNOW THE INTENTION BEHIND SOMEONE'S ACTIONS



OBJECTIVELY DESCRIBE THE BEHAVIOR YOU ARE WORRIED ABOUT



SUGGEST MULTIPLE MOTIVATIONS FOR A BEHAVIOR AND ASK FOR THEM TO CLARIFY THEIR REASONING



The better we understand what motivates others, the more we can respect each other's health choices.



REFERENCE

Voorhees, H. (February 2021) Public Pleas and Family Feuds: The Challenges of Changing Behavior and Maintaining Relationships During a Pandemic. [Virtual Presentation] 2021 Community Lecture Series: Belief and Truth in a Time of Healing. University of Montana. <https://www.facebook.com/grizalum/videos/2856729597980114/>