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CULTIVATING COURAGE WITH CHAILLE

Agreeing To Disagree

By Chaille DeFaria, MCC, CDWF

"We are all just walking each other home."
– Rumi,13th-century Persian poet.

Can you agree to disagree? It's a challenging skill and yet it is one I most admire. How do you react when your point of view and/or perspectives are completely opposite. You are two people with opposing perspectives, clashing. How do you navigate your emotions when you are certain you are right, and they are wrong?

Each of you is having the same experience supported by completely different data.

Most of us do not like conflicts we can't resolve. It's so much easier when we agree. This is why we create social circles and environments with like-minded people. However, not everyone shares the same morals, values, and spiritual beliefs, so when forced to look through a different lens we can get defensive and highly emotional.



This can be particularly challenging with family, close friends, and in the workplace. Managing our behavior is key, but not always accessible in the heat of the moment. We must first and foremost consider how important the relationship is to us. We gain perspective by slowing down, taking pause, and zooming out. We need a panoramic view.

You dig deep and ask yourself: "Is the cost of losing this relationship worth it? Is there an opportunity for me to get curious and less resistant? Can I set judgement aside and straddle the gap between right and wrong?"

It is not always about being right. How can you fight for the relationship over the subject? Sacrificing years of friendship and family comes at a cost, so make sure it is worth it. To be clear, no one should agree to an abusive relationship, but when it comes to the people we love and care for, we go big and not small. We do our best to remember our common humanity, the idea that we all share fundamental similarities.

Ponder, what you can do to save a challenging relationship you care about? Step outside your own bubble, be curious, and know that everyone has a story and all of our stories matter. Listen and explore the discomfort. We may not always agree, but if we are courageous enough to explore the darkness, we are brave enough to see the light in one another.

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