



## Tips for De-Escalating Holiday Drama

By: Carly Moore Dec 19, 2017

COLORADO SPRINGS, Colo. - With all the family coming together, there are sure to be a lot of different personalities and point of views in the room.

You can expect that there may be some holiday drama, especially since the political climate is so polarizing.

There's always that one person at the Christmas gathering who's a little too opinionated.

Though the holidays are a time for giving and sharing, many of us worry that the joy of the holiday season can be squashed with a Grinch talking politics.

Jody Alyn, president of Alyn Consulting, usually works with businesses on inclusion strategies and organizational development. But she says her tips can help during the holidays too!

“Instead of starting with your own opinion, find out what someone else’s opinion is. Find out what you have in common. What’s the common ground? What do you enjoy together? When you establish a common ground, I think it becomes possible to talk about where are we different, and to make that an experience of curiosity and learning rather than anxiety and possible conflict,” said Alyn.

She suggests the six tips below:

1. Start with compassion: Rather than being angry or anxious, think about the fears and concerns driving opposing views.
2. Set a tone of kindness: Sharing a favorite memory, a smile or a “thank you” can have a bigger impact than you expect.
3. Make group agreements: Empower guests to weigh in on ground rules before the discussion gets heated.
4. Own your part: If you get into an argument, be accountable for your role and apologize.
5. Start something new: Get outside, play a new game or start a sing-along. It’s easier to be civil when you’re enjoying something together.
6. Be grateful: Recognize the gifts of food, friendship and shared history, even if you don’t always agree!

Of course, Alyn says you still have to draw the line. Sometimes the situation demands you tell someone to back off in no uncertain terms. If you're not comfortable in the situation, you can always leave.

Watch the story video:

<http://www.fox21news.com/news/tips-for-de-escalating-holiday-drama/884008066>