

FIND THREE PEOPLE. TAKE ONE SMALL STEP.

DAY 1
☐

Sort

Pick your three closest people. Sort each one. Pick one person to bring along.

DAY 2
☐

Write

One gentle question for each person. Read it aloud. If it sounds like a lecture, soften it.

DAY 3
☐

Talk

Start with whoever has a green light. Listen 70, talk 30. Ask about their plan to vote.

DAY 4
☐

Follow up

Check in. Repair if needed. Ask your partner how theirs went, and pass it on.

MY THREE PEOPLE

Closest first. Skip anyone you can't be curious about today.

1 First name

WHERE THEY ARE

☐ Open or tired of politics

☐ Leans the other way

☐ Skip for now

ONE LOCAL THING WE SHARE

MY FIRST LINE (A QUESTION)

MY PLAN-TO-VOTE QUESTION IS ASKED

☐ Yes ☐ Not this time

2 First name

WHERE THEY ARE

☐ Open or tired of politics

☐ Leans the other way

☐ Skip for now

ONE LOCAL THING WE SHARE

MY FIRST LINE (A QUESTION)

MY PLAN-TO-VOTE QUESTION IS ASKED

☐ Yes ☐ Not this time

3 First name

WHERE THEY ARE

☐ Open or tired of politics

☐ Leans the other way

☐ Skip for now

ONE LOCAL THING WE SHARE

MY FIRST LINE (A QUESTION)

MY PLAN-TO-VOTE QUESTION IS ASKED

☐ Yes ☐ Not this time

BRING ONE PERSON ALONG

Pick someone who would enjoy this, not someone you are trying to fix. One person, one message.

Their name _____

☐ I sent the message ☐ They're in

COPY AND SEND

"I'm trying a short exercise before Election Day on talking with the people I care about, without a fight. Want to do it with me? It's free: dontarguetranslate.com/three-people"

WHO TO START WITH

1 Close people who are open or worn out

Easiest to reach. A friendly question and a plan to vote can still matter this week.

2 Close people who lean the other way

Start from a value you share. Ask permission before you offer anything. Expect a pause or a "huh," not a flip.

3 Familiar faces

Only if the moment comes on its own. A warm hello is plenty.

4 Locked in, or anyone who set a boundary

Skip for now. A week isn't enough, and the cost to the relationship is higher than the likely gain.

READ THE LIGHT

GREEN

Relaxed, curious, private, and you're calm. Go ahead.

SLOW DOWN

Tired, distracted, or you feel keyed up. Ask one light question.

RED

A boundary, a crowded table, or anyone angry or grieving. Wait.

LISTEN 70, TALK 30

- L** Listen. One open question, then get quiet. Try "how" or "what," not "why."
- R** Reflect. Say back the value you heard.
- C** Check. "Did I get that right? Or is there more to it?"

THE PLAN-TO-VOTE QUESTION

Ask once, after you've listened:

"Do you have a plan for how you're voting?"

If they say yes, make it concrete:

"What day are you thinking? And do you know where your polling place is? They sometimes change."

Never tell anyone who to vote for.

IF IT GOES SIDEWAYS, REPAIR IT. THE BOND COMES FIRST.

Stop talking about it. Wait a day. Then say:

"I've been feeling terrible about our conversation. I let my urgency get ahead of my respect for you, and that wasn't fair. The issue I care about doesn't matter more than our relationship. Nothing does. Can we start over?"

WHAT SUCCESS LOOKS LIKE

Not a changed mind. A good question at a good time, a pause, maybe a "huh, I hadn't thought about it that way," and a relationship still standing. Works the same whichever way you or they lean.

If someone is in real distress, set the whole topic aside and ask how they are.

If the moment never comes, that's fine. Don't force it.