



## Try this to navigate political *fear*.

Scared of what the other side might do this election? Left, right, or independent, you are not alone. Here are five steps to navigate your political fear *without* succumbing to the toxic tendencies of our divided nation... and with an eye toward getting us closer to the discourse we deserve.

1.

**Accept that you have fears.** Even the ones that bring up thoughts or images that you may not be proud of.

2.

**Accept that the other side has fears.** Try to understand those fears, even if they seem completely irrational or unreal to you.

3.

**Question your fears.** Which ones seem fully grounded and which ones might be exaggerated?

4.

**Instead of focusing on the fear object (Trump, Harris, etc.) focus on the levers of our democratic republic.** What guardrails could we strengthen for all sides that keep your side's fears from becoming a reality?

5.

**When sharing your fears about our country's future, be specific.** Point to a concern about the judicial system, say, rather than about the end of our whole democracy. This helps us problem-solve and keeps us from fueling rhetoric others could use to justify violence.