



Creating the Bridge to Middle Ground

How to think and act dialectically



- Move away from “either – or” thinking to “both – and” thinking. Avoid extreme words: “always”, “shoulds”, “never”, “you make me...”
- Practice looking at different sides of a situation and alternative points of view. Find that kernel of truth in each view.
- Remember, there is often no absolute truth. Truth can be found in both sides.
- Other views can be valid even if you don’t like or agree with them.
- Don’t stand on one side or the other, try to find a middle way between the tension or conflict.
- Practice balancing **acceptance** with **change** by saying things like “This is really hard for me, and I am going to keep trying.” “I am doing the best I can, and I am going to try harder”.
- Practice sitting with feelings and notice feeling more than one emotion. An example might be: Loving someone and being angry at them at the same time.