

Understanding America: Reunited States

Living Room Conversations offers a simple, sociable and structured way to practice communicating across differences while building understanding and relationships. Typically, 4-7 people meet in person or by video call for about 90 minutes to listen to and be heard by others on one of our nearly 100 [topics](#). Rather than debating or convincing others, we take turns talking to share and learn, and be curious. This is the last of three conversations within the *Understanding America* conversations pathway. No preparation is required, though background links with balanced views are available on some topic pages online. *Anyone can host using these italicized instructions. Hosts also participate.*

Introductions: Why We're Here (~10 minutes)

Each participant has 1 minute to introduce themselves.

- Share your name, where you live, what drew you here, and if this is your first conversation.

Conversation Agreements: How We'll Engage (~5 minutes)

These will set the tone of our conversation; participants may volunteer to take turns reading them aloud.

- **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others' experiences have shaped their values and perspectives.
- **Show respect and suspend judgment.** People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
- **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
- **Be authentic and welcome that from others.** Share what's important to you. Speak from your experience. Be considerate of others who are doing the same.
- **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
- **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the "time out" sign if you feel the agreements are not being honored.

Question Rounds: What We'll Talk About

Optional: a participant can keep track of time and gently let people know when their time has elapsed.

Round One: Getting to Know Each Other (~10 min)

Each participant can take 1-2 minutes to answer one of these questions:

- Have you told anyone you were participating in this conversation series? Why or why not?
- Is there a question you would really like to ask someone in this group or you wish someone had asked you?
- What are your hopes for this final conversation?

Round Two: Exploring the Topic - The Reunited States (~40 min)

One participant can volunteer to read this paragraph.

The motto of the United States is *e pluribus unum*-- out of many, one. Our nation has blended cultures, beliefs, and people from across the world to varying degrees of success. In recent years, it is our divisions and not our "one" that have taken center stage in our politics, communities, and media. The Reunited States highlights individual efforts to rewrite the narrative of division into one of reunification. This conversation invites you to add your voice to this shared American story and explore the ways you can build understanding with your neighbors and fellow citizens. We are all part of the many, let's work together toward the one.

Take ~2 minutes each to answer a question below without interruption or crosstalk. After everyone has answered, the group may take a few minutes for clarifying or follow up questions/responses. Continue exploring additional questions as time allows.

- In the film, Erin Leaverton asked her dinner guests the question "What is your American story?" How would you answer this question?
- What stories are missing from your understanding of the community or country you live in?
- Where are you seeing problematic divisions? Which ones most impact your life? [or Which would you like most to heal/bridge?]
- Susan Bro referred to reunification as a "heart movement" not a "political movement". What is your heart telling you?
- What comes up when you think of your individual role in bridging understanding and reunification? What are your experiences in this kind of work and what would you like to see happen moving forward?

Round Three: Reflecting on the Conversation (~15 min)

Take 2 minutes to answer one of the following questions:

- What was most meaningful / valuable to you in this Living Room Conversation?
- What learning, new understanding or common ground was found on the topic?
- How has this conversation changed your perception of anyone in this group, including yourself?
- Is there a next step you would like to take based upon the conversation you just had?

Closing (~5 min)

- *Give us feedback!* Use livingroomconversations.org/feedback-form/ or QR code
- *Donate!* Make more of these possible; give at livingroomconversations.org/donate/
- *Join or host more conversations!* With a) this group by exchanging your emails; b) others in person and/or by video call online. Get more involved or learn how to host at livingroomconversations.org/get-involved/



Thank you!