



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

# DISCUSSION CARDS

These cards are inspired by the book [THE OPPOSITE OF HATE](#) and discussions facilitated by [THE PEOPLE'S SUPPER](#) all across America. You can use these prompts in conversations with family, friends or co-workers to explore your shared feelings about hate and the ways you can be a beacon for connection instead.

Hate and incivility and division aren't just confined to our headlines or the pundits on our television screens or Twitter: We see its effects in our classrooms and our offices and our holiday reunions and every time we choose to assume the worst in someone rather than the best. The good news? We can do something to fight hate and incivility around our family dinner tables, and over casual meals shared with friends and neighbors and in our places of worship, one dinner and discussion at a time. So: Put away your phones for a few minutes. Go beyond "how was your day?", and one-word responses. Have the courage to share your feelings, and to listen as someone else shares theirs.

There are lots of ways to play with these, so do whatever feels most comfortable. You may try cutting out all the questions and putting them in a bowl in the center of the table. Invite each person at the table to pick them one at a time, and take turns discussing each one, eventually working your way to the bottom of the bowl. You can try placing one question next to every plate, and inviting whomever wants to to open up their question to the group. Or you can choose as a family to simply kick off the conversation with one question each night, having each person rotate as the question-asker. From there, let conversations unfold organically.

**Tip:** Don't force someone to share who doesn't want to: Instead, be willing to be vulnerable, and model that for the rest of the table.

**The only rules:** Listen. Don't interrupt. And know that what's said at the table stays at the table.

## DIRECTIONS

- 1. print them out & cut them up*
- 2. take turns discussing each card*
- 3. listen, don't interrupt, be open*

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who are your  
people?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

what's one kind  
thing you did  
today?



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what community  
do you belong  
to?



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what does "hate"  
mean to you?



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who is someone  
you think hates  
you and why?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

who is someone  
you hate and  
why?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

think about  
someone you've  
forgiven. what  
led you to forgive  
them, and how  
did it feel to do so?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

have you ever  
said something to  
someone that you  
regretted? what  
do you wish you'd  
said instead?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER



what's something  
kind someone  
did for you that  
surprised you?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

talk about a time  
you thought  
someone was  
mean — but you  
were wrong.



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

how do you  
show compassion  
for yourself  
when you're  
overwhelmed?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

how does the  
world know  
you're kind?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER



what is the nicest  
thing you've  
ever done for a  
stranger?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

how did you  
learn to stand  
up for what you  
believe in?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

share a story  
about someone  
you love but who  
you disagree with  
about something.



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

think about  
someone you don't  
get along with.  
what's something  
you think have in  
common?



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