THE DEBATE SCALE

Five states to read any debate

REGENERATIVE | *Building together*

"What could we build out of both our views?"

RESTORATIVE | *Understanding each other*

"If I understand you, what matters most to you is..."

TOLERANT | *Agreeing to disagree*

"I respect your view. But I'm still convinced I'm right."

STERILE | *Going round in circles*

"So, if I follow you, everything I say is wrong?"

DEGENERATIVE | *Tearing each other down*

"There's no point talking with people like you."

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