MAPPING YOUR SOCIAL-POLITICAL NETWORK

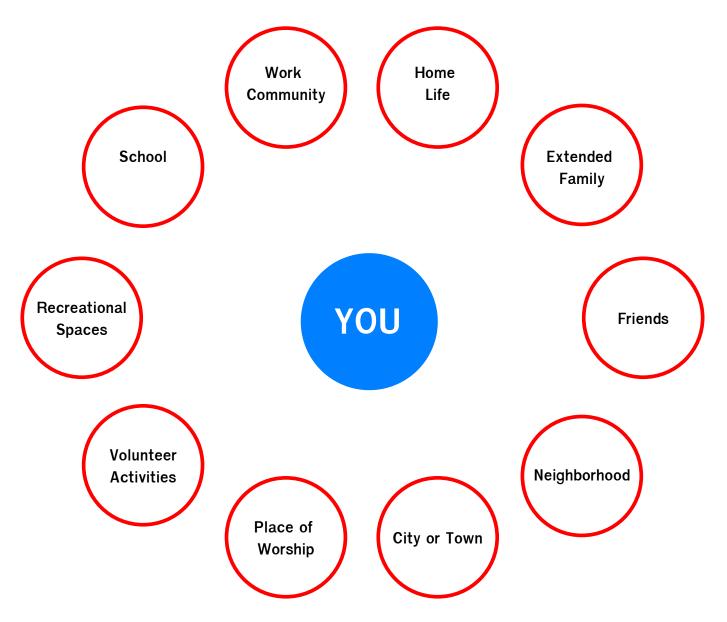


Consider your own social and political network.

Using the graphic below, draw lines between you and the people/communities that you are most connected with. Draw thin lines between "YOU" and communities that you are less strongly connected with, and thicker lines to reflect stronger and more salient connections.

Next, draw lines between different people/communities in your life that interact with one another.

Finally, make some notes next to each circle about the general political or ideological orientation in each group/community. How politically similar or different are these spaces? How often do political matters come up? How salient is political orientation within these groups/communities?



(c) Peter T. Coleman and Becca Bass, The Way Out: How to Overcome Toxic Polarization, 2021

REFLECT



- What do you notice when you look at your mini-map of your social and political network?
- How much do different groups in your life intersect or not?
- How much time do you spend with those who are likeminded vs. those that have divergent views? How do you experience this?