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10 guidelines for practicing with opponents, “difficult people,” and those with opposing views.

1. Remember guiding teachings and practices.
2. Work skillfully with difficult emotions, like anger, fear, despair and sadness or grief.
3. Commit to empathy and understanding in relationship to the other.
4. Cultivate compassion in relationship to the other.
5. Know the history and dynamics of the views of the other (particularly noting how hurt people hurt people, and the “divide and conquer” dynamics of racism and other extreme views).
6. Respond and act appropriately.
7. Watch the tendency to de-humanize, to turn one’s opponent into an “other.”
8. Work with the judgmental mind and other forms of reactivity.
9. Inquire into why there is such a charge with the “other.”
10. Keep cultivating the intention to practice with this person.