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**Introduction**

Julia Dhar has been in many debates and arguments in her life. But it took watching her dad talk to Americans about the 2016 election to realize how debating and having discussions should be. His goal was to listen, be heard, and understand. He heard people who varied from life experiences, viewpoints, and different world views. According to Julia, her father, and the other person he had a discussion with came out with a smile on their face.

**Explanation of the Video**

Julia Dhar explains how to have a constructive conversation and the goals of one. She also explains that one of the main causes of unfriending someone and blocking them is because of clash. Clash is an informal argumentation. Julia also explains that a practice that was popularized by Brian Grazer, a famous Hollywood producer, called Curiosity Conversation. The point of Curiosity Conversation is to understand the other person’s perspective. Julia also talks about that the goal of a constructive conversation is to learn, adapt your viewpoint, and move the discussion forward.

**Main Idea**

The point to having a constructive conversation is not to turn everyone view that is different from yours, the same. But to progress ideas and grow as a group. When having a constructive conversation in which you have presented a viewpoint, and if that viewpoint is challenged, it is to take into consideration the counter point. Which you then adapt and grow from the opposing viewpoint to move the discussion further. And to “treat discussions as a climbing wall, not a cage fight,” as stated in the video.

**Putting it into Practice**

An example of this in practice would be, if I were to have a discussion as to why abortion should be illegal to my female friend. My female friend will give me a viewpoint of her opinion of why abortion should be legal from a female’s perspective. Which is a perspective that I am not immediately aware of because I am male. Considering her viewpoint and perspective, I can then give another point, regardless of if my belief is still intact, but presented in a unique way to move the discussion from now a male perspective without discrediting her contribution to the discussion. In doing so we can both grow by having new perspectives and ideas.

**Closing**

In the video, Julia Dhar explains that the best way to grow and learn when having a debate or discussion with someone is to have a constructive conversation. Having a constructive conversation allows a person to grow and adapt viewpoint to move the discussion further. She has had many debates all her life, but it took watching her dad talk to Americans about the 2016 election to grasp the point of having a debate in the first place. Her father, who would have constructive conversation, would come out with a smile every time when discussing with people. And using her ideas I could have a debate with my friend and instead of it turning into a fight, we both learn from each other, progressing our ideas, and deepening our bond.