

Can we give it a rest?

It's been a crazy year for me, and I finally had the chance this week to sit down and take some optional but required training on the topic of inclusion.

Turned out to be perfect timing.

The lesson forced you to look at people in your sphere and then identify your similarities with this person and drag them into a box that represents them. Here are the similarity topics:

Achievements

Hobbies

Books

Sense of Humor

Values

Film/TV

Food

Pets

Education

Music

Goals

Sports

Skills

Shared Experience

I noticed immediately that the lesson creator didn't include politics, although there was a bucket for values. Which is a broad one and not necessarily applicable to politics. But it is also easy to tick off multiple other similarities and overwhelm that one.

It made me wonder – as we head into the holidays with our friends and families – could we apply the same exercise?

Could we look at those voters we have been “othering” (which means pointing fingers at them because they are sooooo wrong) and see them for *all* they are? Could we find other areas that we love and connect on? Could we realize we loved them before, and they really haven't changed?

Could we give it all a rest, maybe for a few hours for a meal (or longer), and see what happens?

A therapist friend told me this week that the vehemence of this election cycle has caught all by surprise. And another friend was horrified to hear that TV personalities are saying don't have Thanksgiving with your families if they voted the “wrong” way.

My mind keeps going back to a Thanksgiving day when my fiancé's mother died. And I am sure that there were real differences in how we all voted for the President in power, but it didn't matter at all that day.

So here's the thing – if you don't have any of the other things above in common with these people, and there really is nothing else to talk about, then maybe go ahead – decline the Turkey Day invitation.

But I bet you have more in common than you don't.

I bet we all do.

I hope this is helpful and you have a wonderful Thanksgiving.

And if my daughters Sienna and Sylvie are listening, I just want you to know how proud of you I am. And I love you soooo much.

Bye now.