



Understanding Our Differences

The Leader in Disability Awareness Education

Disability Dialogue Book Group Discussion Guidelines

Please try to read the book (or at least attempt to)

We get it. Sometimes you don't have time to read, or you dislike the book so much that you can't bring yourself to finish. We all read or listen at different paces. Either way, do try to read each meeting's book so you can contribute to the discussion. If you can't finish it, please don't be upset by "spoilers" and do try to listen to other members' ideas about the book you may not have encountered yet.

Try to relate what you say to the book being discussed

It can be easy to get sidetracked and begin talking about other topics. Staying on subject will keep our meeting focused and fun. We will try to end with enough time to socialize.

Share your thoughts!

Don't be afraid to share your thoughts, even if you disagree with the rest of the group. All opinions are valued. If everyone says the same thing, then there won't be much in the way of interesting discussion. Let your unique voice be heard.

Don't feel like you have to weigh in every time

If you don't feel like you have something unique to say on a particular topic of conversation, it's okay to just listen. No need to repeat what others have already said!

Please don't steamroll Please take turns and be polite

Sometimes multiple people will want to contribute at the same time. If you end up in the awkward situation of talking at the same time, graciously let the other person go first and then add on to what they say. Everyone's opinion matters, so it's important to make sure everyone gets a chance to express themselves.

Please try to be an active listener

Ask questions to understand each other's thinking you talk about a different idea. Pay attention to what others are saying, summarize key points, and build upon their ideas.

Please don't force anyone to contribute

Putting a fellow book club member on the spot can make them feel uncomfortable. Keep the environment welcoming so everyone is encouraged to share their thoughts when they're ready.

Bring questions and observations

Writing down your thoughts ahead of time can be a great way of spurring conversation when it lulls. The leader will bring questions but welcomes contributions before and during the discussion.

If you have feedback for the leader of the group, please reach out after the meeting or contact: Jenni Acosta, jacosta@understandingourdifferences.org