

## Discussion Questions

# *From Hardship to Hope:*

*Crossing the Great Divides of Age, Race, Wealth,  
Equity, and Health*

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Source: questions created by the authors

### SELF-AWARENESS/INTROSPECTION

1. How did each of us learn to see the world as we do – our beliefs and assumptions about what is real or true?
2. How do we become more aware of our own implicit biases – our unexamined prejudices -- and how they may amplify our actions?
3. How can we be open to reconsidering strongly held views?
4. How do we honor other people's authentically experienced different realities?
5. How do we talk about racism (and other 'isms, like *agism, nationalism, sexism, heterosexism, ableism, classism*) with people who would benefit from the discussion, but are reluctant?
6. How do we learn to forgive; to reduce negative thoughts, feelings, and behavior toward persons who have treated us unfairly? (Robert Enright)

### SOCIAL ISSUES

7. When you hear about a police-involved shooting, how do you respond? Why?
8. What steps are needed to move from a mindset of punishment to one of rehabilitation in our justice system?
9. What do you feel about unplanned pregnancy, abortion, and adoption?
10. Do you see connections among over-population, climate change, and global pandemics? If so, what next steps do you think we should collectively be taking?

### CHANGE

11. David McRaney, in *How Minds Change: The Surprising Science of Belief, Opinion, and Persuasion*, suggests that true contact changes minds. *True* means meeting (in situations of equal status), sharing common goals, cooperating to meet those goals, engaging in informal interactions, and recognizing and addressing the concerns each person holds. What do you think of these ideas?
12. What do we do with our new understandings? Can we come away with optimism, as Zoe, Ruby Blue, and Marca Hope were able to do?