

Reconnect America – Conversation Guide

Restoring humanity in the digital age.

This quick guide is designed to help you reconnect with friends, family, or colleagues when online disagreements start to divide you. Remember: the feed isn't the friendship. Use these strategies to listen, understand, and rebuild trust.

■ Reconnect Strategies

Pause Before You Unfriend	Ask: 'Do I really want to erase this relationship over a post?' Remember: your friend is a human being.
Reach Out Directly	Send a message: 'Hey, it's been a while. Want to grab coffee or catch up?' Lead with shared history.
Listen to Understand, Not to Win	Ask questions. Reflect back what you heard. Show respect even in disagreement.
Find Common Ground	Talk about shared values: family, community, fairness. Empathy, not total agreement, is the goal.
Take It Offline	Meet in person or call. Real conversations restore empathy faster than online arguments.
Set Boundaries, Not Walls	Say: 'Let's not talk politics. I still value our friendship.' Protect your peace without cutting them off.

■ Quick Scripts You Can Use

- "We don't agree on this, but I don't want it to get in the way of our friendship."
- "You mean more to me than our differences."
- "Let's talk about something that brings us together."

Reconnect Now!

View more resources and strategies at Reconnect-America.org
Together we can mend divides and reclaim our friendships.