

# Credible Messengers

- First ask: are you the right person to engage?
- Do you have trust, credibility, or rapport established with the individual?
- If not you - who does? Map out spheres of credibility.

<https://cvq.org>

<https://cure-pdx.org>



# Our brains

- Human brain evolved to infer causality - allowed us to survive
- Problem - it makes us susceptible to conspiracies
- We also form in and outgroups, leading to an “us vs them” mindset



# Conspiracy Thinking

- Antisemitism transmitted through conspiratorial thinking
- Involves totalizing thinking; scapegoating a group explains all problems
- Question is not only how to challenge specific beliefs, but to disrupt the conspiratorial mindset





# Conversation skills (BAND Aid)

- B - **Build** rapport, make the person feel safe/comfortable
- A - **Acknowledge** any valid points or underlying concerns
- N - Do **not** call someone a racist or anti-semite - this triggers defensiveness and doubling down
- D - **Differentiate** impact from intent (“I know you don’t mean this, and..”) Bring awareness to the impact historically and on present day communities
- Aid - **Aid/help** explore other ways of expressing a view or concern (e.g. disagreement with Soros) that avoid the dogwhistle or racist associations
  - Be specific, criticize behavior/actions and avoid generalizations about a group



# Conversation skills

- Explore issues of trust - what sources do you trust, and why/why not?
- Ask nicely for a source - “I’d love to follow up with that after our conversation.”
- Deconstruct vague, imprecise ideas, e.g “control” or “they” - ask for specifics
- Deconstruct outgroup biases - “what do you mean by the Jews?” “Who is in that group?”
  - Explain that such groupings have no accurate reflection in reality - groups are not monoliths
  - Just because a certain group is overrepresented in specific areas doesn’t imply conspiracy (white people don’t “control” the dairy industry)
- Explore underlying fears, grievances, and feelings of threat

