

Conversation

Talking to friends, family and colleagues about taking climate action



"I'm doing my bit"

Do you recognise this problem? What's your experience of being in conversations about climate action?

- Let people do their bit
- individual action useless
 - don't want to be judgemental
 - about the system, half a dozen people could change the lot if they wanted to.
 - avoid people
 - is it defeatist
 - don't want to seem weird.

Have friends who do some things
eg plastic + recycling
Want to tell them about bank accounts etc.
Don't want to be judgey
Don't want them to think I'm better than I am
Feel I should do more so can't tell others

more kinds of action
eg repair cafe

I don't have the right
Is it more about having
conversations + raising
awareness.

"Well I only fly once a year"
"Oh I turn the lights off"

- Lots of different shades of green action
- raising consciousness + awareness but solutions are so complicated
- very hard to have authentic conversation
- hate conflict
- shifts the norm a bit
- what's missing is collective you can invite people to join.
- Conflict aware
- Shouldn't I be able to talk about what I do.
- Don't know how to respond to praise.

hard to see the return

Rules of thumb

Listen

Empathise, accept, offer support, don't judge.

Speak from the heart

Express what you feel, notice your own responses, reflect.

Understand ambivalence

Accept that we all have mixed feelings and struggle with our inner conflicts.

Roll with the resistance

Focus on feelings and find a new angle if you hit a brick wall.

Don't expect instant change

Work through the complex feelings so that change becomes permanent.

Nourish your creativity

Take care of yourself and seek support.

Randall, Rosemary, and Andy Brown. *In Time for Tomorrow? The Carbon Conversations Handbook*, 2017. P181

Change approach

From

Giving
information

Convincing

Motivating
with fear



To

Connection
Collaboration
Support

How do we do this?

1. Learning to listen, understand and empathise.
2. Learning to use stories.
3. Learning to think about different audiences and target messages.

Randall, Rosemary, Rebecca Nestor, and Daniela Fernandez-Catherall. *The Carbon Conversations Guide to Living with the Climate Crisis Facilitator's Guide*. UK: The Climate Psychology Alliance, 2023. <https://livingwiththeclimatecrisis.org/wp-content/uploads/2023/03/LWTCC-Facilitators-Guide-final.pdf>.

Levels in a conversation

Content The surface level. What the conversation appears to be about.

Mood The moods and emotions of both people, and the interaction.

Perception How we see each other. Our assumptions.

Agenda What each person wants to get out of the conversation.

↳ levels

- helpful to expand the situation - not straightforward
- gives you a bit of space
- I can't imagine doing it in real time but it'd help after
 - I can with practise
- don't talk to your friends like a therapist
- notice what's going on for you
- not facts + figures make it about emotions + human experience

Notes

The slides and notes we've made will be shared by email and on the website.

Is there anything you'd like removed or altered before we do that?

What do think or feel at the end of today's conversation?

- I feel that I don't need to keep convincing people climate change is happening.
- I like the idea of being mindful in conversations
- I realised how few of these conversations I have