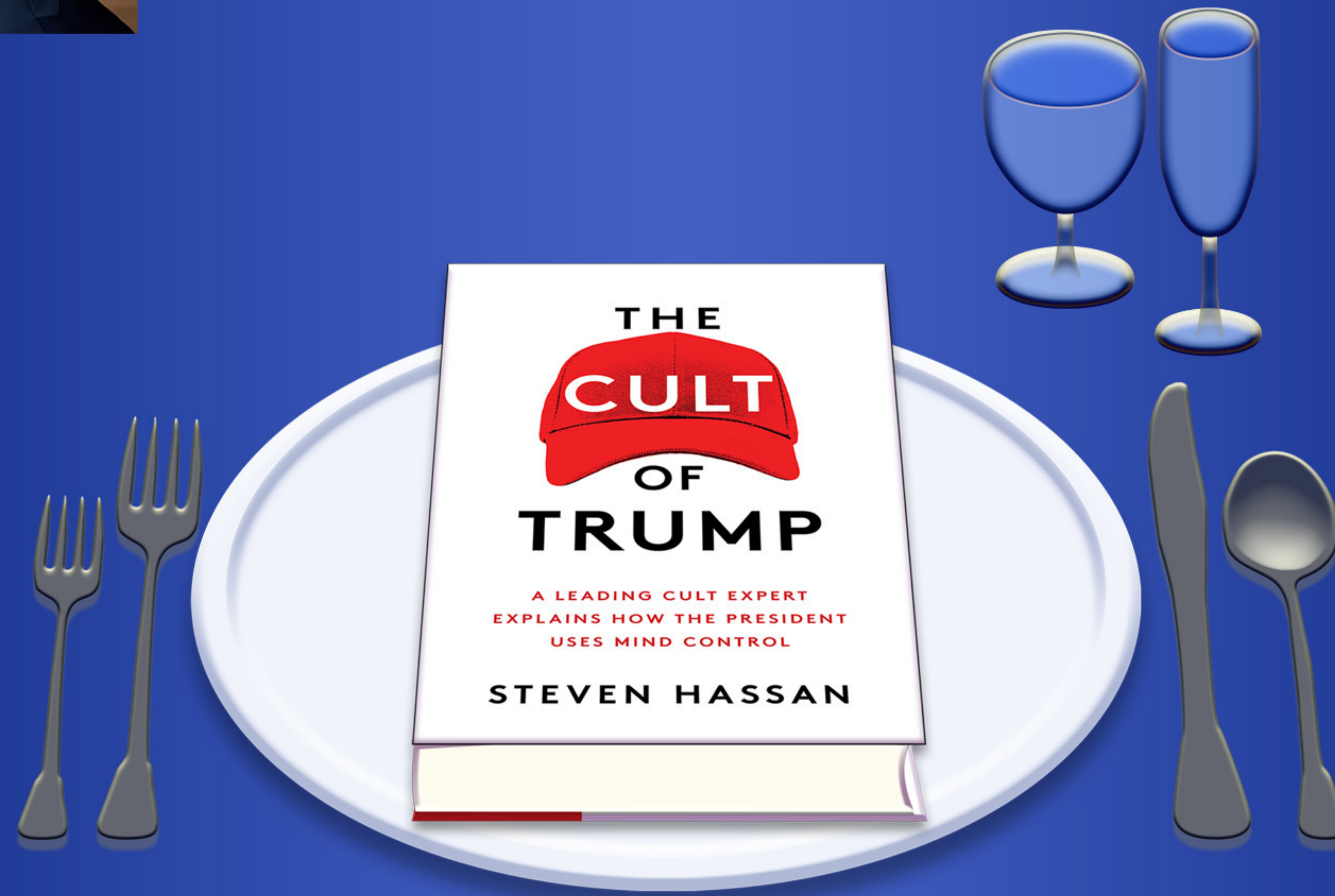


This Holiday Season, Set the Table to Reconnect with Your Family and Friends



Mental health professional and cult expert **Steven Hassan**, author of *Combating Cult Mind Control* and *Freedom of Mind* shares his 40+ years of experience - from what helped him leave his own cult, to helping hundreds of others exit theirs.



Steps for Starting a Positive Conversation:

Use good communication strategies and active listening to keep the dialogue open and civil.

Engage in compassionate listening to stimulate critical thinking.

Learn about how mind control works.

DO:

- Remember that this is still the person you know and love.
- Establish rapport and trust by acting with respect, warmth, and integrity.
- Be curious and ask open-ended questions.
- Keep a collaborative – rather than competitive – frame of mind.
- Find common ground, focusing on things you can agree upon.

DON'T:

- Engage in name-calling or insults.
- Frame the conversation as an argument to be won.
- Insult Trump to them.
- Cut off or interrupt the person.
- Belittle, insult, or mock their beliefs.
- Isolate yourself away from the person.

ASK:

- “Help me understand how you came to become such a strong supporter.”
- “Can you imagine any circumstances which might lead you to lose confidence in Trump?”

For more information, strategies, videos, and blogs,
visit Freedomofmind.com.