

LIVE INSPIRED IN STUDIO WITH JOHN O'LEARY

recharge

Cancel the Cancel Culture

Listen beautifully even when you disagree profoundly

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"We believe... so strongly in our opinions and values that we are open to learning from others with different opinions + values." This is an excerpt from our IN STUDIO Manifesto. I covered picked the "Cancel the Cancel Culture" topic to support our community into living this truth + leading the way for others.

Cancel Culture:

A total boycott on a person or brand that has done something that offends you. This can include unfriending them online, never listening to their opinions or refusing to provide them an opportunity to change. Instead, writing them off as a lost cause and refusing them any chance of redemption. It's frequently instigated, supported, and magnified by feigned rage on social media, leading to further gaps between two sides around a topic.

What is wrong with the cancel culture?

The inability to openly see things from another's perspective is at the root of relationship problems. It derails joy, our personal life, erodes trust and connectivity professionally, sparks conflicts between religions, incites hatred between cultures and leads to wars between nations.

Homework:

Remember, the first step in solving any problem is recognizing there is one. Invite someone to coffee you know you don't agree with; ask him or her to share. Focus on listening and only respond at the end with 'thank you for sharing.'

Journal Reflection:

Own your confirmation bias. (The tendency to search for, interpret, favor, and recall information in a way that confirms one's preexisting beliefs or hypotheses. A cognitive bias + systematic error of inductive reasoning.) Do you realize you have one?

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