Following is a selection of quotes from thoughts that have influenced EPIK's thinking around Civic Wellness.

Below the quotes section is a section that includes some of the research on wisdom/wise reasoning. Some of the articles can be found in the research folder in this week's Google Drive folder. https://drive.google.com/drive/folders/13gEfeOe9lOXX\_K9\_KTseOPu-REN10hfS?usp=sharing

**Selected Quotes**

“A lack of silence and solitude leads to anxiety, which leads to demonization based on differences, which leads to conflict, which leads to violence. We need to reverse the flow. We need to invite people to think about their feelings, to address them, and then come up with a creative response that builds relationships and trust.” What we need, one might say, is grace.”

― Raymond M. Kethledge, *Lead Yourself First: Inspiring Leadership Through Solitude*

"I believe one important way to move forward is to minimize talk of rights and to increase talk of responsibilities. From the standpoint of religion, I urge my fellow believers to remember that the scriptures contain very little talk of rights, only commandments that create responsibilities. Others, who choose to reason in pragmatic terms, should remember that we strengthen rights by encouraging the fulfillment of responsibilities.

"Another way to move forward is to encourage a more general understanding of the reality that our society is not held together primarily by law and its enforcement but most importantly by those who voluntarily obey the unenforceable because of their internalized norms of righteous or correct behavior."

―Dallin H. Oaks at 2014 UVU Constitutional Symposium on Religious Freedom

Transcript: https://bit.ly/36w2nqe

“One of the hardest moral projects that any person faces concerns the proper balance here. How much money and time—and attention and emotional energy—should we spend on ourselves, on those close to us, and on strangers? MacFarquhar notes that there is something taboo about this question. That someone who 'even asks himself how much he should do for his family and how much for strangers—weighing the two together on the same balance—may seem already a step too far.' But the situations in everyday life force us to confront the problem, to balance self versus family versus stranger.”

― Paul Bloom, Against Empathy: The Case for Rational Compassion

“There is toxicity everywhere around us. In the environment, in the political atmosphere, but the origin is in people’s hearts. Unless we clean the ecology of our own heart and inspire others to do the same, we will be an instrument of polluting the environment. But if we create purity in our own heart, then we can contribute great purity to the world around us.”

― Jay Shetty, [*Think Like a Monk: Train Your Mind for Peace and Purpose Every Day*](https://www.goodreads.com/work/quotes/73685905)

On threats to free speech:

"I believe we live in a time of diminishing freedom of speech—not the formal free-speech doctrine declared by the United States Supreme Court, but the extent of free speech enjoyed by citizens in their daily lives. Ironically, this occurs at a time when technology has extended the impact of speech far beyond what could have been imagined even a few decades ago. But what kind of speech? I fear that free speech is diminishing as a result of the chilling effect of mostly invisible restraints, even censorship."

―Dallin H. Oaks at 2014 UVU Constitutional Symposium on Religious Freedom

Transcript: https://bit.ly/36w2nqe

“Outrage is weakness. It is the muting of rational thinking and the triumph of emotion. Despite what you’ve been hearing and seeing as of late, it is not a virtue. It is not something to be celebrated, nor praised, nor aspired to. It is a deeply human emotion—even understandable at times—but rarely is it productive, virtuous, or useful. It is an emotion to overcome, not accept, and overcoming it requires mental strength. This book is about acquiring that necessary mental fortitude.”

― Dan Crenshaw, [*Fortitude: Resilience in the Age of Outrage*](https://www.goodreads.com/work/quotes/67409882)

“Empathy [defined as taking on another's feelings, or trying to] has its merits. It can be a great source of pleasure, involved in art and fiction and sports, and it can be a valuable aspect of intimate relationships. And it can sometimes spark us to do good. But on the whole, it’s a poor moral guide. It grounds foolish judgments and often motivates indifference and cruelty. It can lead to irrational and unfair political decisions, it can corrode certain important relationships, such as between a doctor and a patient, and make us worse at being friends, parents, husbands, and wives.

― Paul Bloom, *Against Empathy: The Case for Rational Compassion*

“When empathy [being emotionally impacted by someone else's story, suffering because they are suffering] makes us feel pain, the reaction is often a desire to escape."

"Th[e] distinction between empathy and compassion is critical for the argument [I make]. And it is supported by neuroscience research. In a review article, Tania Singer and Olga Klimecki describe how they make sense of this distinction: 'In contrast to empathy, compassion does not mean sharing the suffering of the other: rather, it is characterized by feelings of warmth, concern and care for the other, as well as a strong motivation to improve the other’s well-being. Compassion is feeling for and not feeling with the other.'"

― Paul Bloom, *Against Empathy: The Case for Rational Compassion*

“The truth is, we only become secure in our convictions by allowing them to be challenged. Confident people don’t get riled by opinions different from their own, nor do they spew bile online by way of refutation. Secure people don’t decide others are irredeemably stupid or malicious without knowing who they are as individuals.”

― Kate Murphy, [You're Not Listening: What You're Missing and Why It Matters](https://www.goodreads.com/work/quotes/69682531)

A thought about letting the political process run its course, in a speech directed at people of faith:

"[A]ll voices need to be heard in the public square. Neither religious nor secular voices should be silenced. Furthermore, we should not expect that because some of our views emanate from religious principles, they will automatically be accepted or given preferential status. But it is also clear such views and values are entitled to be reviewed on their merits."

―Elder Quentin L. Cook, https://bit.ly/365R5JG

“To listen does not mean, or even imply, that you agree with someone. It simply means you accept the legitimacy of the other person's point of view and that you might have something to learn from it. It also means that you embrace the possibility that there might be multiple truths and understanding them all might lead to a larger truth. Good listeners know understanding is not binary.”

― Kate Murphy, [You're Not Listening: What You're Missing and Why It Matters](https://www.goodreads.com/work/quotes/69682531)

"Emotional empathy is what allows a person to tune into someone else's emotional state: if the person in front of you is happy, you soon start to smile; if they suffer, you feel and share their pain. Empathy is turned inward, to the self. It is the effect the emotions of others have on you….Tania Singer's experiments showed, in broad terms, that while empathy distress may lead to burnout, altruistic love and compassion, on the other hand, can replenish our ability to take care of others with serenity, kindness and courage….

"Empathy on its own, without the support of altruism and compassion, is like an electrical pump lacking oil : it ends up burning."

―Matthieu Ricard, Buddhist monk, humanitarian, author (<https://www.matthieuricard.org/en/blog/posts/meditation-for-emotional-balance>)

"Whatever the outcome in one particular case, other disagreements persist, and we are all losers from the atmosphere of anger and contention….

"To achieve our common goals we must have mutual respect for others whose beliefs, values, and behaviors differ from our own. This does not expect that we will deny or abandon our differences but that we will learn to live with others who do not share them. It will help if we are not led or unduly influenced by the extreme voices that are heard from various contending positions. Extreme voices polarize and create resentment and fear by emphasizing what is nonnegotiable and by suggesting that the desired outcome is to disable the adversary and achieve absolute victory. Such outcomes are rarely attainable and never preferable to living together in mutual understanding and peace."

― Dallin H. Oaks at 2014 UVU Constitutional Symposium on Religious Freedom

Transcript: https://bit.ly/36w2nqe

“There’s nothing intrinsically wrong with cloudy or multifaceted intentions. We just need to remember that the less pure they are, the less likely they are to make us happy, even if they make us successful. When people gain what they want but aren’t happy at all, it’s because they did it with the wrong intention.”

― Jay Shetty, [Think Like a Monk: Train Your Mind for Peace and Purpose Every Day](https://www.goodreads.com/work/quotes/73685905)

“Thoughtful conversations have been substituted by social media snark and insult, where your opponent is assumed to have the worst intentions—simply because they are an opponent. Fairness and due process have been supplanted by self-righteous hysteria and public shaming. The meme has replaced good argument, the tweet has replaced the well-reasoned op-ed, and the op-ed has replaced objective journalism. The result is nothing short of information chaos, a culture of contempt, and a deep sense of unhappiness that is blamed on everyone but ourselves”

― Dan Crenshaw, *Fortitude: Resilience in the Age of Outrage*

“A healthy community can have differences, Chip says, but not division. 'Differences are a product of ideas. Division is a product of behavior. A community means we live together with differences, but we can’t be divided.'”

― Raymond M. Kethledge, [*Lead Yourself First: Inspiring Leadership Through Solitude*](https://www.goodreads.com/work/quotes/52153967)

"As a practical basis for co-existence, we should accept the reality that we are fellow citizens who need each other. This requires us to accept some laws we dislike, and to live peacefully with some persons whose values differ from our own. Amid such inevitable differences, we should make every effort to understand the experiences and concerns of others, especially when they differ from our own.

"We can only succeed in this effort to the extent that we acknowledge and respect each other’s highest ideals and human experiences."

― Pres. Dallin H. Oaks on navigating the tensions between religious freedom and nondiscrimination rights [an example of the kinds of tensions endemic in our pluralistic society; Pres. Oaks said this was the hardest speech he's ever given because he understands how difficult these kinds of tensions are] (speech given at University of Virginia https://bit.ly/3ucgzwP

“Unfortunately, these days, too many people are overcoming their knowledge deficits with passion, and too many more people are mistaking “passion” and “authenticity” for righteousness and sophistication. It is an unhealthy trend.”

― Dan Crenshaw, *Fortitude: Resilience in the Age of Outrage*

"Cynicism is a luxury I can't afford" -Marieke van der Velden <https://www.youtube.com/watch?v=rvztpzjFkQA> about minute 6:40

"If you’re losing your cool, you are losing. If you are triggered, it is because you allowed someone else to dictate your emotional state. If you are outraged, it is because you lack discipline and self-control. These are personal defeats, not the fault of anyone else. And each defeat shapes who you are as a person, and in the collective sense, who we are as a people….[B]e the person you think you should be….[I]dentify…who that person is in the first place, and [take] responsibility for the self-improvement required to become [that person]."

― Dan Crenshaw, [*Fortitude: Resilience in the Age of Outrage*](https://www.goodreads.com/work/quotes/67409882)

“Make a list of five people you care about, but also feel competitive with. Come up with at least one reason that you’re envious of each one: something they’ve achieved, something they’re better at, something that’s gone well for them. Did that achievement actually take anything away from you? Now think about how it benefited your friend. Visualize everything good that has come to them from this achievement. Would you want to take any of these things away if you could, even knowing that they would not come to you? If so, this envy is robbing you of joy. Envy is more destructive to you than whatever your friend has accomplished. Spend your energy transforming it.”

― Jay Shetty, [Think Like a Monk: Train Your Mind for Peace and Purpose Every Day](https://www.goodreads.com/work/quotes/73685905)

**Some Research Links on Wisdom/Wise Reasoning**

Brienza, J.P., Kung, F.Y.H. & Chao, M.M. "Wise reasoning, intergroup positivity, and attitude polarization across contexts." *Nat Commun* 12, 3313 (2021). <https://doi.org/10.1038/s41467-021-23432-1> [PDF in folder]

<https://www.nature.com/articles/s41467-021-23432-1.pdf>

Related: Intergroup Conflict Reflection Materials: https://osf.io/265xe/

Brienza, J. P., Kung, F. Y. H., Santos, H. C., Bobocel, R., & Grossman, I. (2018). "Situated WIse Reasoning Scale (SWIS)" [Database record]. APA PsycTests.

<https://doi.org/10.1037/t70486-000>

From Abstract: "The 21-item Situated WIse Reasoning Scale (SWIS; Brienza et al., 2018) was developed within the context of a study investigating whether shifting from global, de-contextualized reports to state-level reports about concrete situations provides a less biased method to assess wise reasoning (e.g., intellectual humility, recognition of uncertainty and change, consideration of the broader context at hand and perspectives of others, integration of these perspectives or compromise), which may be aligned with the notion of balancing interests."

Brienza JP, Kung FYH, Santos HC, Bobocel DR, Grossmann I. "Wisdom, bias, and balance: Toward a process-sensitive measurement of wisdom-related cognition."

J Pers Soc Psychol. 2018 Dec;115(6):1093-1126. doi: 10.1037/pspp0000171. Epub 2017 Sep 21. PMID: 28933874 [Correction posted shortly thereafter]: J Pers Soc Psychol. 2018 Dec;115(6):943. doi: 10.1037/pspp0000234.

Glück J. "Measuring Wisdom: Existing Approaches, Continuing Challenges, and New Developments." *J Gerontol B Psychol* Sci Soc Sci. 2018 Oct 10;73(8):1393-1403. doi: 10.1093/geronb/gbx140. PMID: 29281060

Free PMC article available here: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6178965/

Grossmann I. Wisdom in Context. Perspectives on Psychological Science. 2017;12(2):233-257. doi:10.1177/1745691616672066

Grossmann I, Dorfman A, Oakes H. "Wisdom is a social-ecological rather than person-centric phenomenon." *Curr Opin Psychol*. 2020 Apr;32:66-71. doi: 10.1016/j.copsyc.2019.07.010. Epub 2019 Jul 15.

Grossmann I, Kross E. "Exploring Solomon’s Paradox: Self-Distancing Eliminates the Self-Other Asymmetry in Wise Reasoning About Close Relationships in Younger and Older Adults." *Psychological Science*. 2014;25(8):1571-1580. doi:10.1177/0956797614535400

​​Grossmann, Sahdra & Ciarrochi (2016) Grossmann I, Sahdra BK, Ciarrochi J. A heart and a mind: self-distancing facilitates the association between heart rate variability, and wise reasoning. *Frontiers in Behavioral Neuroscience.* 2016;10(April):1–10. doi: 10.3389/fnbeh.2016.00068. [[PMC free article](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4824766/)] [[PubMed](https://www.ncbi.nlm.nih.gov/pubmed/27092066)] [[CrossRef](https://dx.doi.org/10.3389/fnbeh.2016.00068)] [[Google Scholar](https://scholar.google.com/scholar_lookup?journal=Frontiers+in+Behavioral+Neuroscience&title=A+heart+and+a+mind:+self-distancing+facilitates+the+association+between+heart+rate+variability,+and+wise+reasoning&author=I+Grossmann&author=BK+Sahdra&author=J+Ciarrochi&volume=10&issue=April&publication_year=2016&pages=1-10&pmid=26834590&doi=10.3389/fnbeh.2016.00068&)]

Huynh AC, Oakes H, Shay GR, McGregor I. "The Wisdom in Virtue: Pursuit of Virtue Predicts Wise Reasoning About Personal Conflicts." *Psychological Science*. 2017;28(12):1848-1856. doi:10.1177/0956797617722621