

UNHEALTHY	HEALTHY
cynicism	optimism
focus on division	focus on unification
'Not in my backyard'	'We're in this together'
solution wars	solving problems
hold grudges	reconciliation
polarization	consensus building
narrow interests	broad public interests
parochialism	interdependence
confrontation	collaboration
win-lose solutions	win-win solutions
mean-spiritedness	tolerance and respect
questioning motives	trust
frustration	patience
politics of personality	politics of substance
apathetic citizens	empowered citizens
exclusion	diversity
selfishness	citizenship
challenge people	challenge ideas
blockers and blamers	problem solvers
me-first	individual responsibility
attacking dividers	listening healers
zinger one-liners	community discussions
redebate the past	focus on future
hoarding power	sharing power
gridlock	renewal
'Nothing works'	'We can do it'

*Adams, B, (1995), Building
Healthy Communities,
Charlottesville, Virginia: Pew
Partnership, P28-29*