



Spirals of Silence

Suppose you notice that a group or the majority in a conversation has a different opinion from yours. In that case, you'll most likely remain silent.

It's called the spiral of silence. We become quieter if we believe that we are in the minority.

Reflect on how willing you are to express your opinions and beliefs. **Recognising the spiral of silence can empower you to more confidently share your perspectives, even when they diverge from the wider group.**