

## **It's better to get out of the EU. It is a bureaucratic monster and EU regulations reduce our freedom.**

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### **Why?**

*(Try to find out what feelings and needs are alive in the other person: empathic resonance)*

Do you feel overwhelmed/ worried/hostile?

Do you have a need for freedom/ growth/autonomy?

What I hear is that you think it is better for our country to get out of the EU because for your freedom/ growth/autonomy are important values. Is that what you mean?

### **What if?**

*(‘Mirror questions’: how would it be if you were standing in the shoes of that person)*

Do you know in what ways our society has benefitted as an EU member and to what extend our membership has led to economic growth and prosperity? What is your reaction when you see things this way?

### **Self-reflection**

*(Questions you can ask yourself in silence to support yourself in understanding the other person)*

How important is freedom/ growth/autonomy for me?

When do I need it?

How do I feel when this need is not fulfilled?

### **Empowerment**

*(More information on the issue and tips how to explore the problem and continue the discussion)*

The European Commission employs about 30,000 officials (for more than 500 million people). Personnel costs: 6 percent of the total funds are spent on personnel and administration. This is really a low percentage if you compare this with other institutions or administrations.

The EU has brought a lot of advantages to European consumers concerning e.g. consumer benefits,

high-quality standards for food and environment,

the single market as a European open market place

no extra costs for phone and online services in Europe

protection for your rights when you are travelling in Europe.

Furthermore, the EU respects the human rights of minorities and insists an equal treatment for all. The EU is the most successful peace project in human history.

[https://europa.eu/european-union/about-eu/what-the-eu-does-for-its-citizens\\_en](https://europa.eu/european-union/about-eu/what-the-eu-does-for-its-citizens_en)

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