

# Quotes

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## 1 ChatGPT 4o

If the behavior is chronic and unproductive, decide how much engagement is worthwhile.

Sometimes planting a seed is better than trying to change their mind in the moment.

Some people are resistant to new perspectives. If they refuse to engage, focus on managing your own reaction rather than changing theirs.

Choose your battles: Not every conversation is worth having. Consider whether it's worth investing time and energy into trying to change someone's mind.

## 2 ChatGPT OSS 20B

Change is a marathon, not a sprint; pace yourself and your words.

Every conversation is a decision.