

CRITERIA TO CHOOSE A NONVIOLENT ACTION

- Well, you have convinced me: I have a conflict and I want to face it nonviolently. How should I do it?

- First, **work at your interiority**: learn to know yourself better, recognize those needs you seek to satisfy in a conflict, work honestly and with self-criticism, awake your empathy for the humanity of that who is different... While doing that, it is essential never to cooperate with the injustice, even if this means that you will suffer more.

At the same time, you must **always persist in the desire to recover the adversary**, through actions that can connect you with his humanity. If both do not win, the conflict will continue, even if it is less visible.

Become aware that **the power to change the situation is available to all those who suffer the conflict**, regardless of what the powerful people decide.

If all these things are transforming you, maybe it is time to involve more people: **create a group and dedicate efforts to unite it**, to create a collective spirit to defend your cause. As more empathic the group is, more successful you will be in the actions you decide to take. Teach the group to practice the personal work of the inner nonviolence, at home or with dynamics in common.

Little by little, we can **analyze the conflict, create strategies and foresee the consequences** of actions to unblock the situation: original actions, demonstrations, boycotts, disobedience... Get advice and speak within your group: are you willing to take on the consequences of these acts? Your cause will arouse sympathy if you are coherent and adopt only pacific forms: they are not revenge, but actions that integrate the adversary by changing the rules of the game.

Distribute tasks in the group according to the capacities of each one: the creative ones to design, the less reactionary in the first line of the demonstrations, the legal experts evaluating legal aspects...

A good nonviolent action requires that it must be **provocative, not punitive**, made by **surprise** and, therefore, always **creative**, with the consequences that the group itself is able to assume (penalty fee, beatings, jail?).

Of course, **evaluate constantly** the road, to get it better when necessary.

And continue **persevering in authenticity**, to include the other, because the hope of final success does not depend on how many failures come, but on choosing always the way according to the purpose, which is Peace.

