

VIOLENCE IS:

emotional

verbal

physical

institutional

cultural

social structural

CONDITIONS AND/OR ACTS THAT:

dominate

dehumanize

diminish

destroy

ourselves

others

creation

- *Violence is best defined as that act of forgetting or ignoring who we are: brothers and sisters of one another, each one of us a child of the earth.*
- *Violence is any behavior that dehumanizes us, from thoughts of self-hatred to intentional harm or physical injury does to another.*
- *Our apathy and indifference in the face of reliable suffering and our willingness to defend our possessions and self-interest have harmful effects on others and are a participation in violence.*
- *Once we forget who we are and begin to act violently, we start to legitimize what we do and systematize our wickedness.*
- *In the spiral of violence, the perception of another as "enemy" stimulates the use of violence...Charles McCarthy defines an enemy as "one of many who negatively affect the survival of some self-interest" such as life, possessions, reputation or power.*