

2019 PLEDGE OF NONVIOLENCE

Making peace must start within me and my community. On this day, _____, 2019, I commit myself, as best I can, to practice nonviolence and to strengthen my capacity to remain peaceful regardless of circumstances. I pledge:

To Respect Self and Others: To respect myself, to affirm others and to avoid uncaring criticism, hateful words, physical attacks and self-destructive behavior.

Specifically, I will (check the items you would like to commit to):

- Write down 5 things I'm grateful for each day.
- Reach out to my neighbors—greet them, deliver cookies, or organize a neighborhood event. [
- Write your
own: _____

To Communicate: To share my feelings honestly, to look for safe ways to express my anger, and to work at solving problems peacefully.

Specifically, I will:

- Say an affirmation to a friend or family member every day.
- Email an affirmation to a coworker once a week.
- Read Marshall Rosenberg's book *Nonviolent Communication: A Language of Life*
- When I get angry, I'll take a deep breath and walk away for time to cool down.
- Write your own: _____

To Listen: To listen carefully to others, especially those who disagree with me, and to consider others' feelings and values rather than insist on having my own way.

Specifically, I will:

- Attend a Nonviolent Communication practice group during the Season to learn new ways to communicate honestly (go to bethechangerochester.org for dates).
- Attend a Conversation on Race (go to bethechangerochester.org for dates).
- Notice if I have a tendency to interrupt people, and practice letting someone finish their sentence before responding.
- Write your own: _____

To Forgive: To apologize and make amends when I have hurt another, to forgive others, and to keep from holding grudges.

Specifically, I will:

- Find time each day to pray, meditate, read a special text, or simply be quiet to open my heart to compassion to myself and others.
- Write a letter/email of apology or forgiveness to someone with whom I have unresolved tension.
- Write your own: _____

To Respect Nature: To treat the environment and all living things, including pets, with respect and care.

Specifically, I will:

- Take a reusable bag and produce bag to the grocery store rather than using plastic.
- Recycle bottles, plastic containers, and paper rather than throwing them in the trash.
- Unplug chargers and appliances when not in use.
- Sign up for e-versions of my credit card and utilities bills. |
- Go to a Farmers Market this week to support local agriculture.
- Write your own: _____

To Play Creatively: To select activities that support the community’s values and to avoid activities that make violence look exciting, funny, or acceptable.

Specifically, I will:

- Take a break from TV or the computer and go outside for a walk this week.
- Volunteer for a community youth program at my church or children’s school.
- Borrow a book about Dr. King or Gandhi from the library to read to my child.
- Write your own: _____

To Be Courageous: To challenge violence in all its forms whenever I encounter it, whether at home, at school, or in the community, and to stand with others who are treated unfairly.

Specifically, I will:

- Speak up if I see someone being verbally or physically threatened or hurt, or call for help if it is unsafe for me to do so.
- Read a book about peacebuilding and nonviolence (visit bethechangerochester.org for suggestions).
- Talk to my pastor about hosting a training program on building bridges across differences (race, gender, ethnicity, religion, class, etc).
- View a film about the Civil Rights Movement or Women’s Suffrage Movement.
- Write your own: _____

Full Name

Date

Hang this on your fridge or somewhere you’ll see it every day to remind you of your commitment. You can do it!

