



2021 PLEDGE OF NONVIOLENCE

Making peace must start within me and my community. On this day, _____, 2021, 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!
Stay in touch with us and what's happening at www.bethechangerochester.org