



**Never let it be forgotten
that ultimately peace resides not in the hands of governments,
but in the hands of the people.**

King Hussein of Jordan

DIFFERENCE SHOULD NOT BE ALLOWED TO ECLIPSE THE GOOD THAT IS SHARED IN COMMON.

*We need the strength of all positive voices standing together in a powerful way
that exposes the weakness and error of negative hateful voices.*

Causes

Among the main causes of division and polarization are focusing on difference to the exclusion of what unites and the tendency of people to disregard, belittle, shame, or vilify anyone that disagrees with them – **when the other person often just has a difference of opinion or just sees the world differently.**

The Cure: What You Can Do.

- 1. DECIDE YOU'VE HAD ENOUGH AND TAKE ACTION.** You may not be responsible for world peace, but for your piece.
- 2. EMPOWER YOURSELF.** Be part of the solution (and not part of the problem).
- 3. DON'T PLAY THE BLAME GAME.** Blaming tends to deepen the divide.
- 4. INOCULATE YOURSELF AGAINST SUSCEPTIBILITY.** Don't allow yourself to demean or accuse those with differing opinions.
- 5. CALM YOURSELF – LISTEN TO UNDERSTAND, NOT TO REACT.**
- 6. EXPAND YOURSELF.** Make friends with people unlike you – expand your thinking and broaden your world.
- 7. RESPECT FREEDOM OF BELIEF AND OPINION.** To protect it for one, it must be respected and protected for all.
- 8. FOCUS MORE ON WHAT UNITES – NOT JUST ON DIFFERENCE.** For peace to prevail, people of goodwill of all stripes need to band together.
- 9. HAVE SOME HUMILITY - SEEK WISDOM.** Together we have the answer to polarization. Together we ARE the answer.
- 10. RESPECT RESONANCE.** Recognize that different people resonate with different approaches (some faith-based – from a variety of perspectives, some humanist-based, some nature based, some peace science based, and so forth.).
- 11. ANSWER CONTEMPT WITH WARM-HEARTEDNESS.** (Dalai Lama)
- 12. EMPOWER AND ENGAGE OTHERS** Help build higher standards of civility in your community, nationally, and globally.