

# Manifesto

**FOR 2020**

A rebellion against emotional-reasoning, confirmation biases, intolerance, and hate.

- ① **We will do the hard work of empathy.** We will listen to understand (not to form a rebuttal). We make sense of how other people could arrive at different conclusions based on their personal experiences or beliefs. We don't misidentify empathy as endorsement. We can empathize and still disagree.
- ② **We will diversify our news sources.** We do not filter out ideas that conflict with our own. We do not exclusively choose media sources that confirm our own opinions and biases.
- ③ **We will embrace nuance and ditch absolutes.** We recognize and respect the ability to have complex ideas and beliefs. We resist the you're either for us or you're against us mentality. We honor that there are many sides to our complex stories. We will not be deceived by the notion that life is an all-or-nothing, zero-sum game.
- ④ **We will not entertain, nor be entertained by, hateful rhetoric.** We will not post, share, or like materials that use hateful rhetoric, subtle or otherwise (no matter how clever meme's are).
- ⑤ **We will courageously and appropriately call out racism, sexism, bigotry, and hate.** We risk being unliked for the sake of using our voice to speak up for others. We don't stay complicit through silence. We engage respectfully and earnestly.
- ⑥ **We will admit when we are wrong.** We are quick to apologize if we speak in anger. We make amends when our hasty assumptions and judgements hurt others. We see the folly of pride and we accept that we don't have all the answers.
- ⑦ **We will respect boundaries.** We engage each other but only when it is invited dialogue. We honor requests to stop when things get too heated. We do not relentlessly poke and prod, nor do we engage in order to convince.
- ⑧ **We will focus on the law of love.** We believe that our humanity unites us. We don't see our differences as threats. We operate from a space of love and strive to act from that space.
- ⑨ **We will be teachable, especially by the voices of minorities.** We recognize that existing systems were created by the majority. We will seek out the voices of others. Our notion of truth will be informed by their perspectives and experiences in addition to our own.
- ⑩ **We will not let politics rule our hearts and minds in 2020.** We believe politics is not everything. We rise above the discord and see a beautiful diverse hopeful world.

**We believe our collective commitments this year can disrupt the divisiveness in our culture. We think it can start with us.**

## Are you in?

*Melesia Beral*  
*Amy Wolff*

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Your name

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Date

Print as a visual reminder, invite others, and join our community at [www.facebook.com/groups/LeaningIntoOurDifferences](http://www.facebook.com/groups/LeaningIntoOurDifferences)