

From war to peace: let us be concrete.

by the group of Percorso Equivalenza, Training for trainers in Equivalency in Italy,
conducted by Pat Patfoort

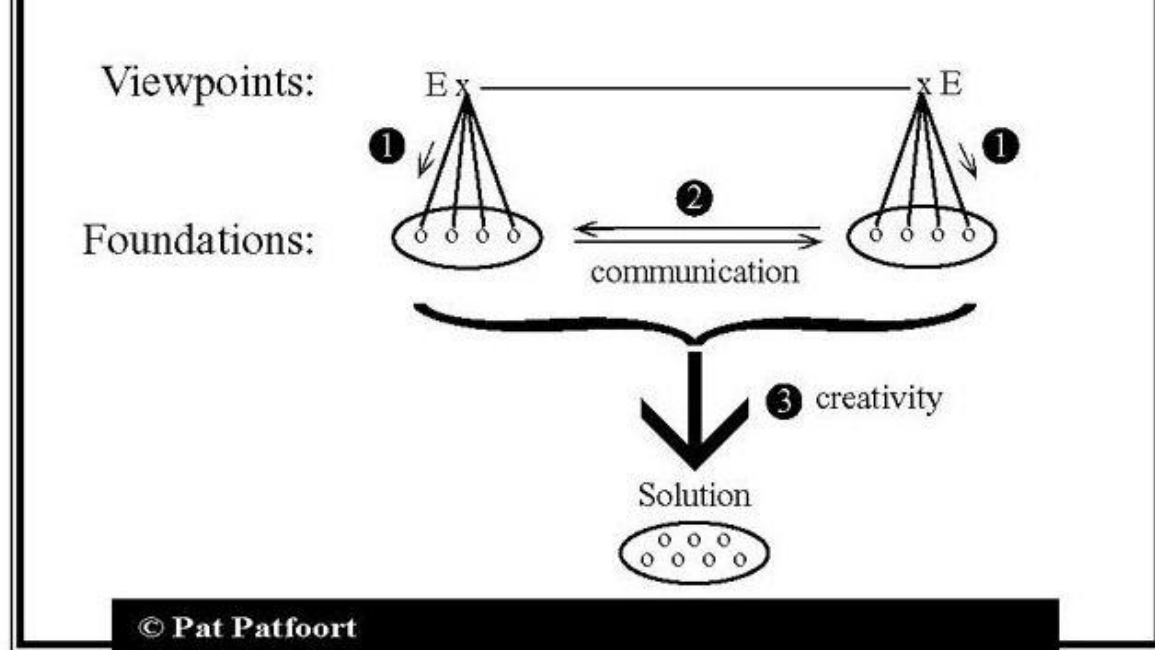
If we want to replace war by peace, if we want to replace violence by nonviolence, we need to go from the Major-minor system to the Equivalence system¹.

Therefore we need **not** to use arguments anymore, and judgments, negative criticism, insults, blame. But we have to listen, respect people, try to understand their **foundations**. **What absolutely doesn't mean** to accept their deads, to agree with what they do.

Foundations are the elements why people have their point of view. There are very many kinds of foundations: feelings, needs, values, habits, objectives, intrests, fears, the way people have been educated, etc. All the elements **why** they have their point of view (see figure below).

¹ See books and articles on www.patpatfoort.be

Fig. 3
Process towards a Nonviolent Solution



So, as we wanted to work on the war between Russia and Ukraine, to try to contribute in our way to help in the transition towards Peace, we made two such lists of foundations for this situation. Beforehand, we started with a more personal situation, to make it more easy for the reader of this article, to understand how foundations work. In fact, such a work with foundations can be done on any level of human relations: adult-children, among children, in a couple, between colleagues, between groups in society, between nations.

When we make such a list of foundations for someone else, so in the right column, of course the foundations are **possible foundations**, we don't know for sure these are the real foundations. But we try to understand what could be the foundations of the other one.

An important notice **before starting to read those parallel lists of foundations**, is to know how to read them: you have to read them from top to bottom, surely **not** left-right-left..., and starting with the complete left column, and afterwards the complete right column. And when you read all

those foundations: don't judge them, don't criticize them, don't laugh at them, don't think of good and bad or right and wrong, because then you are going back to the Major-minor system, and not working towards Equivalence and Peace anymore.

I don't want that you also communicate in an 'agressive' way

1. I don't feel listened to
2. I am afraid of aggressivity
3. I feel vulnerable /weak
4. I have difficulties to communicate when I feel agressed
5. I am afraid
6. I feel good when we talk quietly
7. I am used to speak in an 'educated' way
8. I have been raised not to show too much strong emotions during communication (too much joy, tears, anger,...)
9. I have been taught that one needs to refrain oneself
10. I think that before speaking it's necessary to be calm
11. I think that to be efficient it's usefull to be calm
12. I am not able to concentrate on the topics of the discussion
13. I can't give attention to you
14. I feel oppressed
15. I feel threatened phisically
16. I am afraid of your physical violence
17. I need to feel accepted
18. I don't believe that the aggressive way is a nonviolent way to communicate

I want to be able to communicate also in an 'agressive' way

1. I have been working hard to be able to tell what I feel
2. I need to express all my emotions in whatever degree of their intensity
3. I think to be in the nonviolent communication
4. I find it difficult to communicate if I have to refrain myself
5. I feel authentic
6. I can't refrain myself
7. I don't think it's necessary to be moderate
8. I feel good when I'm accepted as I am
9. I need not to be forced in my way of being
10. I love diversity
11. I think I am not afraid of violence
12. I am afraid not te be listend to/heard
13. I have been used to refrain my emotions and I would prefer not to do that anymore
14. I feel free when I can run away
15. I need to express all my energy
16. I feel strong
17. I feel sincere when I express myself as I am

I didn't want you to start this war

1. I'm afraid to loose my daily privileges
2. I am afraid of the escalation that could be the beginning of the third world war
3. I am afraid of what will happen afterwards
4. For me life is sacred

I wanted to start this war

1. I feel bad with the lifestyle of others
2. I don't feel good/respected in the actual world order
3. I feel threatened inside of my borders, in my ideals

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| 5. I am not used to resolve conflicts with violence | 4. I don't know the strategies that are not using violence |
| 6. I am afraid to die or that people close to me would die | 5. I am afraid to lose my daily privileges |
| 7. For me it's unthinkable that still today there is this reasoning in those terms | 6. I am used to see conflicts resolved with force |
| 8. It looks to me that we don't have the memory of the effects of the past wars and that makes me suffer | 7. I feel strong/weak |
| 9. I have the impression that we didn't learn from the errors in the past | 8. I feel obliged to help the weak and the oppressed of my people |
| 10. I feel powerless | 9. I am convinced that afterwards everything will be O.K. |
| 11. I fear for the future of my children | 10. For me the desire to change things is stronger than the fear for the repercussions |
| 12. It's difficult for me to be forced to face my fears | 11. I am convinced that war unifies in a common ideal |
| 13. I need to maintain my rights without seeing them denied | 12. I hate/contempt who doesn't think like me |
| 14. I am afraid to lose my freedom | 13. I am not used to be with people who don't think like me |
| 15. I have it very difficult to see the suffering of the Ukrainian children | 14. I need that my power would be recognized |
| 16. I am afraid that my children would suffer like those are suffering | 15. I am convinced that my liberty doesn't have a price |
| | 16. I think I am completely right |
| | 17. I am convinced that my people did suffer injustice/humiliation |
| | 18. I have felt made fun of |
| | 19. I am convinced that promises that were made to me were not maintained |
| | 20. I can't accept that the promises that were made have not been maintained |
| | 21. I have the feeling to have suffered so much violence for a long time |
| | 22. I have not felt listened to/heard |

I didn't want you to start this war I wanted to start this war

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| 1. I believe this doesn't help to resolve the open conflicts between us | 1. I feel threatened by the fact the NATO comes closer to my borders |
| 2. I believe in other forms of conflict resolution, nonviolent ones, that don't put at risk the life of people of both sides | 2. I have the feeling the weight of the NATO looms on our nation and influences our country |
| 3. I feel that our people are brothers and it makes me suffer to see them in counterpositioning | 3. I have the feeling the expansion of NATO is turned against us and constitutes a thread against our country |
| 4. I am afraid that once the war has started it | 4. I feel prevaricated and suppressed |

will be difficult to put an end to it

5. I am afraid that with the war the control gets lost and it becomes a succession of events always worse

6. I am afraid that with the war these are the most fragil people who suffer the worse consequences

7. I am convinced that with the war all people suffer

8. For me the destruction and the suffering we already are having after this start are already enough unbearable

9. I would suffer to see mu country destroyed and with victims

10. We already have suffered in the past years because of our conflicts

11. I believe and feel that the war is ‘an adventure without return’

12. I don’t recognize myself in the motivations that you braught up to start the war

13. I feel I have a different position/a different knowledge regarding what is attributed to me

14. I am convinced that the orientations of the international politic of our country have to be choosed by our people

15. I believe in the sovereignty of each single country

16. I believe that each people should be free to choose the language in which it recognizes itself the most

17. I have the feeling I’m dealing with the relationships with the Russian speaking minority in a just way

5. I didn’t feel listened to and heard

6. I feel the need to redefine the balances on the world level

7. I need to reaffirm the power of the Russian nation

8. I am convinced and I have the feeling that the Russians in Ukraine are discriminated

9. I feel I have to protect the Russian speaking people who live in Ukraine

10. I feel it like my duty to support the separatist regions in Ukraine which I think want to annex to Russia

11. I have the feeling all what Russia has done for Ukraine is not recognized

12. I am convinced that Ukraine through history and culture is in the sphere of influence of our country

13. I believe that the people of Ukraine has been influenced and corrupted by Western culture

14. I am convinced that certain conflicts are solved by war