

SIX STEPS OF NONVIOLENCE

1. **Information gathering:** Researching the facts, looking for solutions, and understanding the problem from all sides.
2. **Education:** Informing yourself, your community, and the public so everyone knows the truth about the issue.
3. **Personal commitment:** Preparing yourself mentally, spiritually, and physically to stay peaceful and accept the challenges of a particular campaign.
4. **Negotiation:** Talking honestly with your temporary opponent to try and reach a just solution before taking further action.
5. **Direct action:** Using prayer, creative tension, peaceful protest, and dramatic staging to force a stubborn temporary opponent to collaborate and address the injustice.
6. **Reconciliation:** Healing the relationship with the opponent after the conflict so both sides can move forward in peace.