

Integrity for Nonviolence®



Integrity of the heart uniting the values of nonviolence in action

Integrity for Nonviolence® (IFN) is a values centered process dedicated to the resistance of violence and the promotion of nonviolence by providing strategies and interventions for change within ourselves, society, the church, and communities.

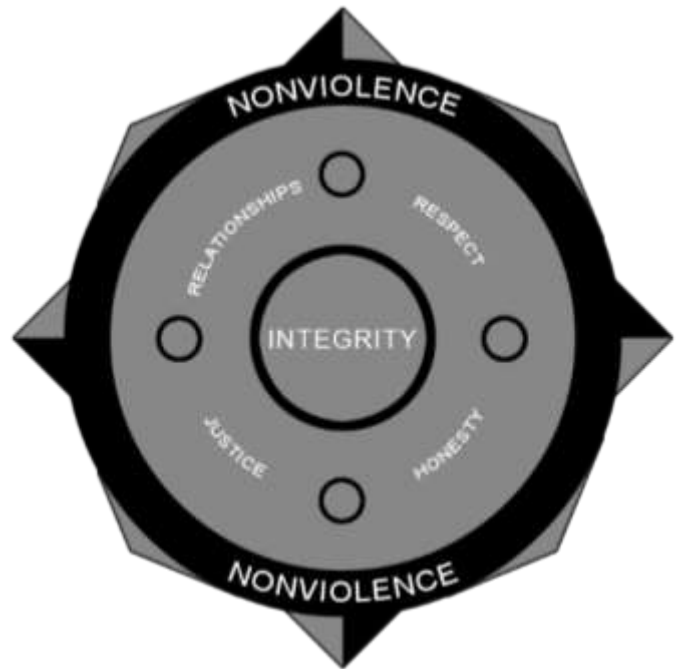
IFN will offer resources including:

- Spirituality of IFN
- IFN Advocacy Programs
- Facing Challenges of Healing
- Reflections
- Transition in Advocacy through clarifying conflict, addressing rationalizations, discussing the realities and options, promoting successful strategies, meaningful inspiration, and sustainable actions
- Prayerful reflections

The IFN Compass

A compass is a vital image that helps us navigate the path for searching this way. A compass provides a viable guide for the right direction when it is firmly oriented to a true North of ethical sensibility. The process of IFN contains four main values:

- CREATE RESPECT-(Dignity of person and a non-threatening place),
- PRACTICE HONESTY (open and truthful communication, being free to discover your true self),



- PROMOTE JUSTICE (accountability and responsibility, negotiation and fairness),
- NURTURE WHOLESOME RELATIONSHIPS (trust and support, and adequate resources).

What happens with Integrity for Nonviolence?

- Centering in values
- Rooting in integrity and lived in nonviolence
- Making connections to where people are in their lives
- Promoting a process of planned change
- Developing healthy strategies and interventions
- Utilizing a confidential assessment survey to help analysis
- Providing for small or large group participation
- Correlating to personal and organizational values

The Words used in IFN help develop a COMMON UNDERSTANDING

Violence is any kind of activity which causes the destruction of the wellbeing of another person or ourselves. This includes physical behaviors and harsh words. Violent relationships can be interpersonal but also issues such as environmentalism and poverty.

Nonviolence has to do with ways that actively support and encourage others. It is also a way of constructively challenging one another to be our

best selves and to work with caring confidence. This reverence extends to all of creation.

Integrity is the process of integrating what we say with what we do. It is the center of who we are where we unify and harmonize our lives. There is a three-step process to integrating our thoughts, feelings, actions, and words:

- Discerning right and wrong,
- Acting even at personal cost, and
- Honoring and speaking convictions.

The process of IFN is grounded in the Catholic tradition and Franciscan Spirituality but can be adapted for other faith traditions. .

“...make active nonviolence our way of life...in the most local and ordinary situations and in the international order, may nonviolence become the hallmark of our decisions, our relationships and our actions, and indeed of political life in all its forms.” (Pope Francis, *Nonviolence: A Style of Politics for Peace*, 2017 n.1)

Benefits of IFN

Helping organizations interested in organizing healthy ways to resist violence.

- Positive Relations
- Different cultures discuss topics
- Opportunities to participate in activities
- Reduce conflicts
- Engages a participative leadership process.
- Requires sound leadership and fair practices.
- Promotes positive work on practical solutions.

Conscious Change

For conscious change it is important to substantiate, correlate, and integrate five areas: vision, skills, incentives, resources, and action. All of these areas need to be addressed so that we may act from a place of integrity. When one element is missing, the results are imbalanced.

Discussion Statements

Discussion statements that include stories, cartoons, and examples further illustrate the

values. You are asked to discern ways you agree or disagree with these statements.



By sharing experiences, you further develop a common understanding of your values. This provides a basis for going from hearing what was said to doing something about it. The following statements explore values related to Respect.

Courtesy: Practice basic manners with coworkers and colleagues.

By practicing basic courtesies, we are attentive to others. What are the most important things you remember about manners? Be kind. Don't hurt people's feelings. Say:

- “please”
- “Thank you”
- “You're welcome”
- “Excuse me”
- “I am sorry”
- Remember to smile. You'll usually get one back.

Courtesy is the determined effort to consider others, regarding their feelings, and giving them basic and innate respect as a person. The best gift you can give is your attention.

The [Integrity for Nonviolence](#) website and multimedia project is now online. If you have any questions or would like to find out more about the program, *The Practice of Integrity for Nonviolence in Advocacy*, please visit our [contact page and send us a message](#).