

# Relationships and Solidarity

During rebellion, we may step on toes, upset or offend during our actions. After rebellion, there is a need for consolatory work, for us to come together with our communities and find common ground. We cannot achieve our vision alone. We must come together in solidarity with other movements, organisations and communities. Our strength grows from our relationships, working together towards the co-liberation of us all.

- **Empathy** is important when approaching someone you may have hurt, imagining the situation from their perspective. They may have different concerns and priorities but that doesn't make their experience any less valid.
- **Humility** is key in understanding that you may have done harm without meaning to, and that your good intentions don't reduce the harm you did.
- **XR Principles and Values** need to be embodied when holding a relationship on behalf of XR. We avoid blaming and shaming, and rather than shifting blame to another we acknowledge that we or people we stand alongside make mistakes.
- **Non Violent Communication** has been described as a language of compassion and a tool for positive social change and is important for any peacemaking conversation. The goal of non violent communication is to make a human connection that will result in everyone feeling their needs have been met.
- **Active Listening** can be an incredibly powerful tool that enables you to genuinely connect with members of your local community. It can enable us to learn from others, to better understand different perspectives and can forge strong links with others in our communities.
- **Solidarity** is an ongoing collaborative process of relationship and community building, coming together with humility and a willingness to change.

## Resources

[Non Violent Communication Guide](#)

[Active Listening Guide](#)

[Solidarity Practical Guidelines](#)

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