

NON-VIOLENT PROTEST: LOVE-BASED VERSUS ANGER-BASED

*Non-violent protest is an experiment in working towards non-violence for humans and other animals - non-violently. People often become puzzled, when outrages and atrocities are committed: How **could** one have a love-based approach to protests or vigils? Does it not mean that oneself loves the atrocities? Is one simply too cowardly to voice the anger that one surely feels? These are misconceptions, which can be cleared up by doing a contrastive analysis of love-based versus anger-based activism. There is such a thing as channeling angry energy into something more positive. This exercise is designed to provide some sense of justification through a nuanced examination of the two forms of activism, both of which are understandable, but only one of which might show the greater understanding. Which do you think would be more positively socially transformative?*

Transforming

Love-Based Activism	Anger-Based Activism
attractive to other side, allows other to come over	repellent and intimidating to other side, causes other to retreat
keeps defences down: low conflict	raises defences: high conflict
creates open space for relating	inspires retribution; anti-positive-relations
other will listen more	window for verbal communication is far smaller
more educational since more dialogue, meeting of the minds, mutual enrichment	less learning, monologues in isolated minds, limited to <i>self</i> -improvement at most
accepts where other is at, as a first phase of positive transformation towards greater truth-seeking	refuses to accept where other is at, and people avoid those who do not accept them as they are, and inevitably reject the rejecters
other may transform partly because of one's input	other may transform, if at all, only in spite of how one comes across
project: reflection-based transformation	project: reactive self-expression
harnesses anger towards positive ends	lets anger rule and leads to negativism
more efficiently converting	less efficiently converting
dynamic and creative	static and stagnant
future-directed in the present	past-directed in the present
moves towards justice	perpetuates injustice

Relating

Love-Based Activism	Anger-Based Activism
apt to eliminate sides, all on the same, level playing field	maintains sides: us vs. them
acknowledges other as a peer or fellow	looks down on other, hierarchical

Relating, continued

Love-Based Activism	Anger-Based Activism
assertive	aggressive
love is appropriate as big picture, overall reaction, directed at person	anger is apt only in the little picture concerning a set of actions - petty
approaches other as oneself would have wished if one were in the other's place	approaches other as oneself would not have wished in his or her place
keeps dignity of other intact	threatens sense of dignity in other
addresses deepest needs of other	does not reach deepest level, which values overall acceptance as a person, instead remaining more superficial
respectful	disrespectful
kind	unkind
compassionate	uncompassionate
refined and polite	rude and crude
treats person as more than their actions	treats other essentially as a set of actions
treats other more like a person	treats other more like an object
treats other as an end in oneself	treats other as a mere means
treats other as free being, with opportunities for positive change	treats other as fixed, does not give a full chance to change, which always takes time
more altruistic, better for animals and other	more egoistic, worse for others
more satisfying for self	less pleasant for oneself as well as others

Emotional Intelligence

Love-Based Activism	Anger-Based Activism
expressing a long-term attitude	venting one's own immediate feelings
sustainable advocacy	risk of activist burnout
inspiring	depressing
uplifting	degrading
anger already implied in acts of protest against violence; transforming is the project	one's own anger becomes "the big message", its expression one's project
hopeful	dims hope needlessly

Love-Based Activism	Anger-Based Activism
non-violent overall	overall violates the dignity of the one venting hostility even more than the one on the receiving end of the anger

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