

The Manifesto of Non-Hostile Communication

1. Virtual is real

On the Internet, I only write or say what I would dare to say in person.

2. You are what you communicate

The words I choose define who I am. They represent me.

3. Words shape the way I think

I take all the time I need to express my views in the best possible way.

4. Listen before you speak

No one can always be right, and nor am I. I listen, with an honest and open-minded attitude.

5. Words are bridges

I choose words to understand, make myself understood and get close to others.

6. Words have consequences

I am aware that what I say or write can have consequences, small or serious.

7. Share with care

I share texts and images only after I have read, assessed and understood them.

8. Ideas can be discussed. People must be respected

Those whose views and opinions differ from mine are not enemies to be destroyed.

9. An insult is not an argument

I accept no offensive and aggressive words, even if they support my point of view.

10. Silence says something too

When it's better to keep quiet... I do.