

**Strategies for Social Change:
Overcoming Violence and Humiliation, Transforming Cultural Rules**

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The way we think, act, and interact on a small scale, as well the institutions that organize our global political and economic systems are guided particular cultural principles or rules. These cultural principles or rules are not random or haphazard, but work towards maintaining a specific world system that benefits a small group of people at the expense of the majorities. Working together, we have the collective capacity to transform this system. Violence and humiliation, however, frequently serve to demobilize us all by creating fear and mistrust between people, as well as shame and doubt about our desires and capacity for change. To successfully work for social transformation, we must heal from and overcome violence and humiliation in order to change the cultural rules that currently guide our world toward destructive ends.