Empathic Direct Action (EDA): Extinction Rebellion Listens.

Short url http://j.mp/2tn0g57

Empathy Cafe Facebook Event

Summary

Planning an action based on empathy. Unlike Non-Violent Direct Action (NVDA), Empathic Direct Action (EDA) is specifically designed to offer listening, constructive dialogue, empathy circles, mediation and mutual empathy in social actions. We use empathic means for empathic ends.

The idea is to plan public actions in a town square, park, in front of city hall, parliament, etc. by XR to offer listening, dialogue, empathy circles, mediation, etc. with the public. Also to demand empathic dialogue with politicians, CEO's, media and people in power around the issue of climate change and how we might work together more effectively. Citizens will need to bridge their social and political divides to address our common problems and challenges.





Offering empathic listening.

Rows of chairs with listening (sample Sidewalk Talk & Empathy Tent)





Empathy Circles



To Do

- Create a slideshow to demonstrate the idea
- Create an Empathy Cafe for brainstorming the event.
- Empathy Cafe Questions
  - How might we plan an XR Empathic Direction Action (EDA)?
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Ideas

- Hold a world empathy circle day event
- Multiple groups doing it at the same time around the world

Benefits

- Demonstrates that XR not only blocks roads etc, but is willing to listen and dialogue constructively.

Topics.

- What are your concerns about climate change?
- What is alive for you?
- Solutions to problems you'd like to see

Campaign Strategy Proposal:

- Involving
    - FDH (Paul),
    - Actions (see XR UK - glassfrog),
    - XR Guardians (April),
    - IST and in particular IST Events and Gatherings and
    - IST Regen (karO),
    - NVC and
    - TCJ (Ceri, Toni?):
- Formulate **the idea/project** - the message to various circles and bodies within the movement
- Start reaching them out (karO can do it in IST)
- Get especially to Actions (XR UK) and Events & Gatherings (IST) and make it one of the significant actions during the rebellion week
- The final effect should be **the joined plan of campaign**
- In the idea/project - build an understanding for the connection between future democracy and regenerative culture
    - **the go-between is Empathy Circle**
    - Fresh thing about not rushing the rebellion
- Joined plan of campaign
    - Different actions and sub-campaigns:
        - Already happening - FDH facilitators network
        - Empathy Circles contacts in London
        - Marta's Proposal - a multiplying group of empathy facilitators
        - …
    - Preparing the main action in London
    - M&M - Media and messaging campaign
    - ...

XR LISTENS/Empathic direct action

Summary:

Goals: To have a mass empathic listening event in London that will train XR members and the general populace about the EC process and create positive publicity.

Duration: a 1 to 2 day (longer?) action during the spring or fall week of actions (or as standalone?).

Location: tbd but it needs to be a highly visible place. No blocking, but visibility.

General description: An array of at least 1000 people (the more the better) in small listening groups offering reflective listening to the general populace, and XR members in a very public setting. Also might include drumming circles and theater games.

Materials: Large Tent, folding chairs, banners, chocolate kisses/tea, etc. empathy test, Empathy Circle facilitators, Theater games facilitators, drumming circle leaders. Other creative touches.

What the Empathy Tent team might provide: training facilitators in empathy circle practice, organizing, advanced troubleshooting during the action

Need the Leadership: ? to organize it. Paul T. , Vish, Marta, Sinead,Also: propose the idea on Loomio, Facebook, etc. and start a sign-up.

Reasons why this might be a good idea for XR based on my listening to XR members, reading XR info, participating in XR trainings:

- 1) addresses burnout
- 2) addresses issues for those wanting to help, but can't risk incarceration or the infliction of physical and psychological harm
- 3) presents a more open and welcoming image of XR proactively countering the image of XR as an "extremist" organization.
- 4) gives people an easy on-ramp to dialogue and assist if they wish
- 5) builds communication skills and trust within the XR community.
- 6) If Paul Thistlethwaite is still seriously considering a media production using the Empathy Circle format, then this could be an impressive synergy between his program and the action. (I think he wanted some kind of reality show.. But don't think it had to do with empathy circles?) Then he should.
- Demonstrates what the regenerative culture feels like- the principles of the E circle are regen personified.
- Gives people a feeling of being effective by creating and experiencing the kind of future they want.

Possible steps

- Step 1) propose the idea online through XR leaders and online forums.

- Step2) gather a critical number of signatures to ensure sufficient participation. When we get a certain number (100, 500), then we would do online training, and start to gather materials. (if we can't get enough participation we can wait and regroup)

- Step3) train facilitators (this can also be ongoing as we are doing circles with XR at the present time)

- Step4) gather materials and do final planning including publicizing

- Step5) carry out the action

Designing an XR Action based on empathy?

How to build by-in and momentum? Join XR groups and participate
Similar to Sidewalk Talk: do we want a line or small groups? Bill- Someone said a long line would be intimidating.

Organize a local Berkeley Action to model the idea
Create a Berkeley, East Bay XR group built on empathy to find supporters
Hold a local listening action with the intention of having mayor and city council take part in empathy circles.

What do you think of an empathy action?
Vish - says listening is core

NOTES AND IDEAS

- How to build by-in and momentum?
- Listen process with chairs Similar to Sidewalk Talk
- **Organize a local Berkeley Action to model the idea**
    - Create a Berkeley, East Bay XR group built on empathy to find supporters
    - Hold a local listening action with the intention of having the mayor and city council take part in empathy circles.
- **Future Democracy**
    - Pauls reality tv show idea?
    - Heard Vish - say that listening is core to what they want to do.
- **What do people think of an Empathic Direct Action? What is their reaction?**
    - Paul gave twinkle fingers when he heard it.
    - In an Empathy Cafe a woman in XR UK was excited and wanted to do in at Wales Parliament.
    - Marta started to lay out strategies of how to do it in Ireland.
- **Hold An Empathy Cafe series to brainstorm and design the project**
- **Global Empathy Action**. People have mentioned having a day or week of empathy circles around the world. Make it a global event. There have been similar **Day of Meditation** around the world.
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