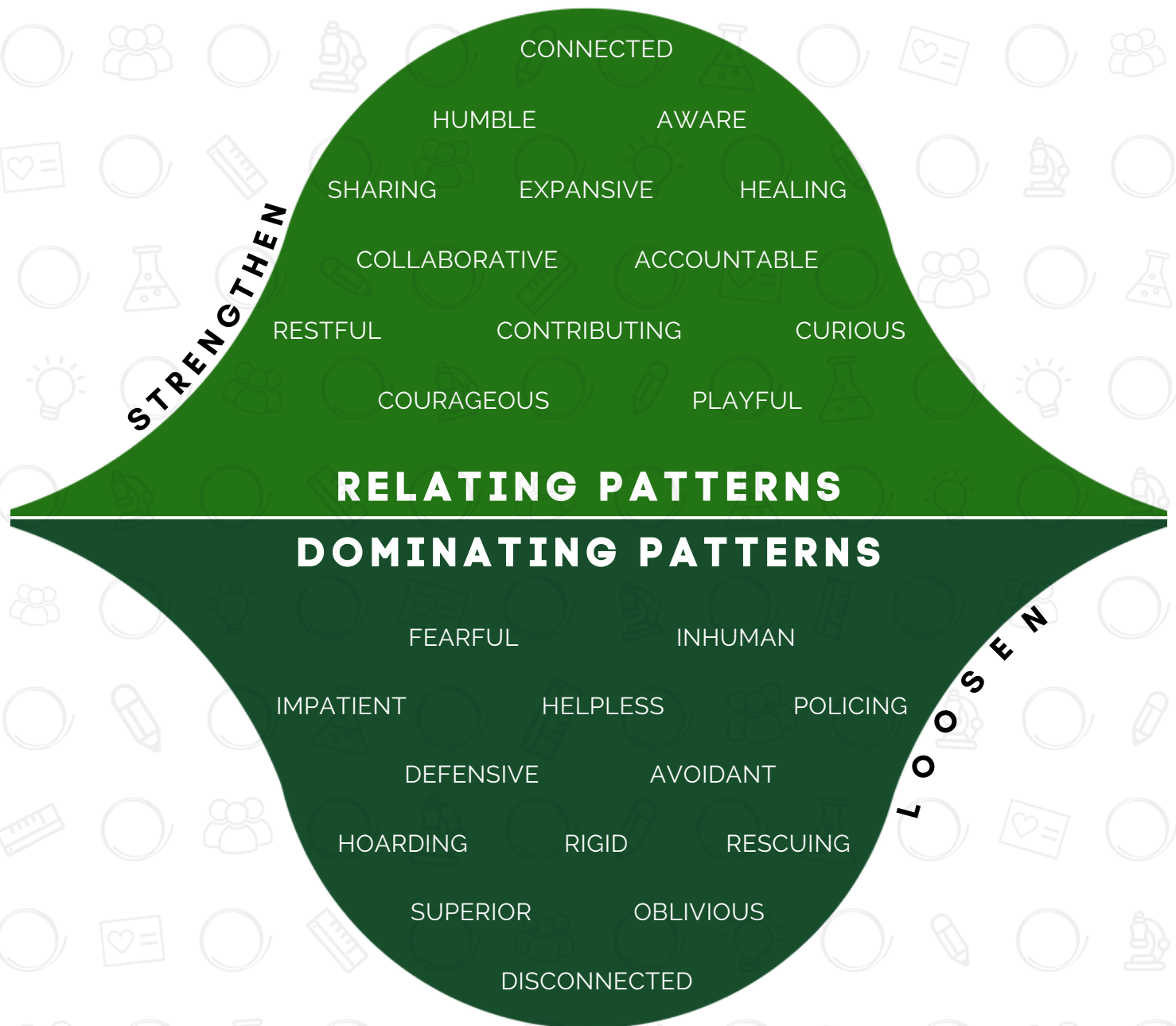


CHAMPION EFFECTIVENESS



We become more effective at ending systems of oppression and contributing to the co-creation of a just future when we strengthen relating patterns and loosen dominating patterns in ourselves and each other.

Relating patterns are the predictable life-affirming behaviors that show up in a bell curve for people who seek to live harmoniously with all living beings.



Dominating patterns are the predictable life-destroying behaviors that show up in a bell curve for people who are the non-target of a system of oppression. Non-targets are white (racism), men (sexism), owning class (classism), gentiles (antisemitism), etc.