## **WELCOME!**

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

**Relating practices** are the predictable life-affirming behaviors present in people who seek to live harmoniously with all living beings.

CONNECTED

HUMBLE AWARE

SHARING EXPANSIVE HEALING

COLLABORATIVE ACCOUNTABLE

RESTFUL CONTRIBUTING CURIOUS

COURAGEOUS PLAYFUL

## RELATING PRACTICES

## **DOMINATING PATTERNS**

FEARFUL INHUMAN

IMPATIENT HELPLESS POLICING

DEFENSIVE AVOIDANT

HOARDING RIGID RESCUING

SUPERIOR OBLIVIOUS

DISCONNECTED

**Dominating patterns** are the predictable life-destroying behaviors people use to mask unhealed hurts (abundant in non-targets). Non-targets are white (racism), men (sexism), owning class (classism), etc.

© JORE Consulting www.betterneighborlab.com