

Transforming Enemy Images

Taking back ones own projections



<https://pixabay.com/en/protest-protest-action-464616/>

If you have an enemy, then learn and know your enemy, don't just be mad at him or her.

Denzel Washington

Tags Culture / World View: Personal Growth

Social: Communication Skills; Conflict Resolution / Reconciliation

Challenge:

People don't dare or like to get in contact with societal groups they are not familiar with or even have aversion to or prejudices about. This limits or even blocks their radius of action and possibilities (aside from the inner tension and societal impact such enemy images evoke and maintain). People tend to avoid contact with people from these groups.

Solution:

There may be a good reason why people have built up their enemy pictures. Honoring these reasons while also investigating this enemy image helps to open oneself to interaction and also to integrate and investigate the positive qualities that hide behind the initial appearance and behaviour of people.

references:

Mindell, Arnold (1997): *Sitting in the Fire: Large Group Transformation Using Conflict and Diversity*; Lao Tse Press, Portland

Submitted by Pioneers of Change