

The Manifesto of Non-Hostile Communication

- 1. Virtual is real**
On the Internet, I only write or say what I would dare to say in person.
- 2. You are what you communicate**
The words I choose define who I am.
They represent me.
- 3. Words shape the way I think**
I take all the time I need to express my views in the best possible way.
- 4. Listen before you speak**
No one can always be right, and nor am I.
I listen, with an honest and open-minded attitude.
- 5. Words are bridges**
I choose words to understand, make myself understood and get close to others.
- 6. Words have consequences**
I am aware that what I say or write can have consequences, small or serious.
- 7. Share with care**
I share texts and images only after I have read, assessed and understood them.
- 8. Ideas can be discussed.
People must be respected**
Those whose views and opinions differ from mine are not enemies to be destroyed.
- 9. An insult is not an argument**
I accept no offensive and aggressive words, even if they support my point of view.
- 10. Silence says something too**
When it's better to keep quiet... I do.