

Prison Pledge of Nonviolence

Making peace must start within ourselves and in our correctional facility.

Each of us, inmates at _____,
commit ourselves as best we can to become nonviolent and responsible people:

To Respect Myself

To change my old ways of thinking and be truthful;
to avoid self-destructive behavior, including abuse of alcohol and drugs;
and to associate with others who can help me become the new person I want to be.

To Respect Others

To affirm and encourage others; to avoid uncaring criticism,
impulsive remarks, hateful words, physical or emotional attacks,
and anything else that might dehumanize others.

To Communicate Better

To share my feelings honestly and assertively,
to seek to understand the reasons for my anger
and look for safe ways to express anger and other emotions,
and to work at solving problems in a "win-win" manner.

To Listen

To listen carefully to one another, especially those who disagree with me,
and to consider others' feelings and needs as valid as my own.

To Forgive and Seek Forgiveness

To empathize with those I have hurt and apologize and make amends to them,
to forgive myself and others, and to let go of grudges.

To Respect Nature

To treat all living things with respect and care
and take care of the environment around me as if it were my own home.

To Recreate Nonviolently

To participate in sports and other activities in ways that show good sportsmanship,
including refusing to hurt others intentionally.

To Be Courageous

To actively challenge violence in all its forms whenever I encounter it,
whether in my cell or house, on the yard, at work or elsewhere in the community;
and to stand with others who are treated unfairly, even if it means standing alone.

"Eliminating violence, one person at a time, starting with myself."

This Pledge is the joint effort of the

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