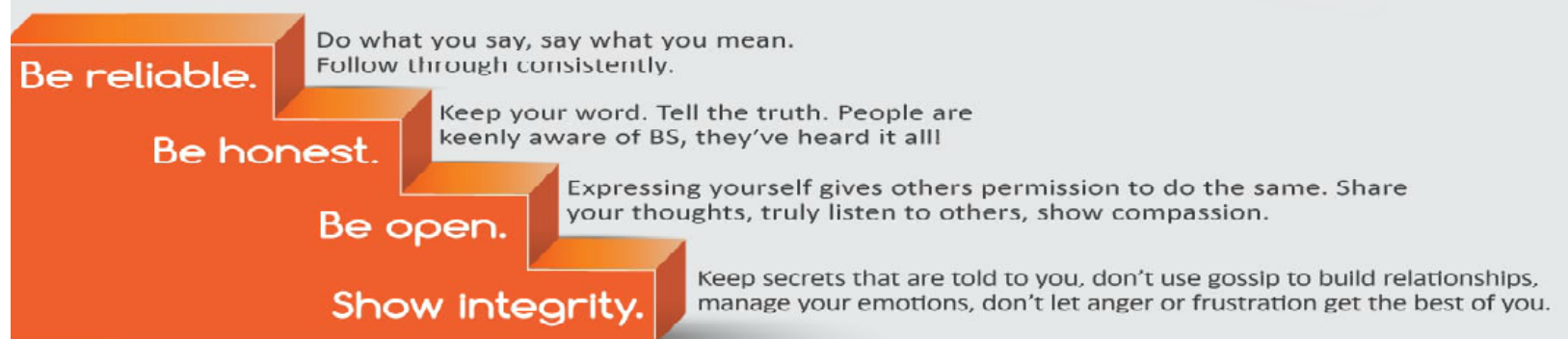


# STEPS TO BUILDING TRUST



The 9 Scourges of Inequality and the 12 Steps of Social Improvement to Rebuild Trust In Our Communities

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# The 9 Scourges of Inequality and the 12 Steps of Social Improvement to Rebuild Trust In Our Communities

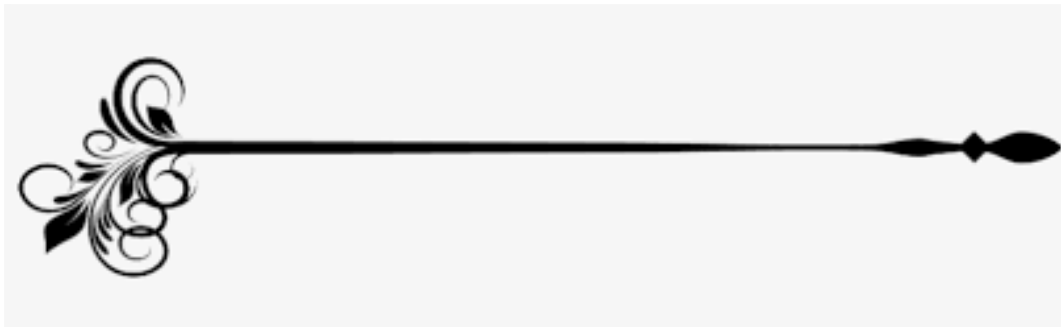
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## **There are 9 scourges of inequality.**

- 1. The erosion level of trust between people.**
- 2. Lack of trust leads to disconnection from others and the breakdown of social bonds.**
- 3. The increase in certifiable mental illness including addictions which are a form of mental problems**
- 4. Eating disorders and obesity**
- 5. Lower life expectancy**
- 6. Homicides including mass murders, a dramatic form of murder**
- 7. Suicides**
- 8. Imprisonment rates and**
- 9. The loss of social mobility.**



# **12 Steps Of Social Improvement To Rebuild Trust In Our Communities**

**[ Adapted From 12 Step Programs Of Addiction ]**

- 1. We understand that one person alone cannot solve the chronic societal and personal problems that are making our lives very difficult to manage.**
- 2. We have come to believe that only a collective, which is a power greater than our individual selves, can move us and our nation forward to a healthier, more democratic place.**
- 3. We decided to commit time and energy, will and belief in the future to work together for change.**
- 4. We took a serious and thorough moral measure of ourselves, noting the ways we collude with societal forces in our own exploitation, and noting our embrace of practices and beliefs about ourselves and others that make us vulnerable to being manipulated and exploited. This is an important step. We need to be aware that we are not just victims or victimizers, we are also collaborators. We are not helpless. We can also act...-for better or for worse. What we need to do now is unite around basic principles and create programs to achieve goals for the benefit of all.**

**5. We have admitted to ourselves and out loud to others, the ways we have collaborated in our own victimization and the victimization of others.**

**6. We are working to move beyond certain dysfunctional behaviors by taking action to better our own and other's lives. Some members of our collective take support from their religious or spiritual beliefs, as a private matter. Everyone's contributions enrich our group's development and efforts to create a broad unified movement.**

**7. We ask for and are ready to give, the much-needed support that will help us unlearn collusion and internalize the new knowledge and wisdom that comes to us through our efforts, and which is so necessary for our growth. We also ask for and will give, support to help us rebound from the disappointments likely to occur among our triumphs.**

**8. We are studying to fill the gaps in US history, the better to grasp both the similar and different realities lived by the diverse peoples who have populated our nation from the very beginning. We are studying the systemic arrangements: economic, political, social and psychological; the terrains of class and color, poverty and wealth, privilege and persecution, the marvelous and shameful, the horrible and the beautiful. We do this not just to discover, learn and acquire knowledge for its own sake, but to more inform our thoughts about the**

**dignity of life, creating change and building the future.**

**9. We continue to take a moral measure of ourselves, as individuals and as a nation. When we are wrong, we admit it.**

**10. We work to promote and to demand from our government-federal state and local- fair and just domestic policies that support American's efforts to live healthy and productive lives. We also work to promote and demand humane and non-exploitative foreign policies that encourage peaceful relations between nations and the well-being of all humanity and our planet earth.**

**11. We seek- through experience, study, meditation, imagination, discussion, and listening to each other- greater understanding, knowledge, and consciousness of the human condition and all life, the better to connect with others in developing a well-functioning, life-affirming, democratic society.**

**12. Having come to realize, by taking these 12 steps, that certain structural characteristics of US society hinder American's pursuit of happiness; has also realized the ways in which some of our own actions reinforce those hindrances, we have experienced an invigorating, moral, ethical, political, and personal awakening. Feeling the changes within ourselves, we are motivated to reach out and engage sympathetically and supportively with**

**whomever we can. We ask each other here to do the same. Our collective plans hope and cultivate action. Our collective is powerful. We can and will reap a sustainable future.**

Source:

## **Mass Murder is Capitalist Misery: Economy Meets Psychology**

POSTED ON JULY 01, 2017 · BY HARRIET FRAAD | JULY 1, 2017

[https://www.democracyatwork.info/capitalist\\_misery\\_economy\\_meets\\_psychology](https://www.democracyatwork.info/capitalist_misery_economy_meets_psychology)



Graphic Caption:

**STEPS TO BUILDING TRUST**

Be Reliable: Do what you say, say what you mean.  
Follow through consistently.

**Be Honest:** Keep your word. Tell the truth. People keenly aware of bullshit, they've heard it all!

**Be Open:** Expressing yourself gives others permission to do the same. Share your thoughts, truly listen to others, show compassion.

**Show Integrity:** Keep secrets that are told to you, don't use gossip to build relationships, manage your emotions, don't let anger or frustration get the best of you.

**Source:** Intelivate (Used Without Permission, Building a Better Community)