

# 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 image 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.