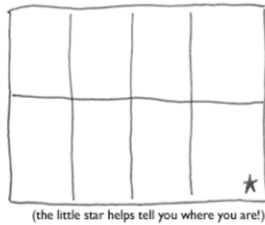


INSTRUCTIONS VIA:

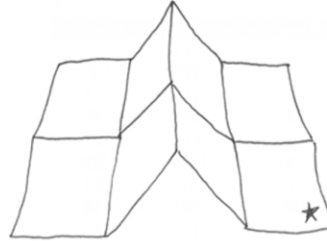
<http://www.yearofscience2009.org/about/ZineFoldingInstructions.pdf>

a short guide to folding an eight-page mini zine

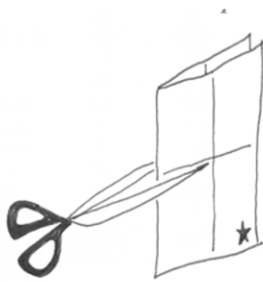
- 1** Fold a standard piece of white copy paper (8.5 x 11 inches) into eight even parts like so:



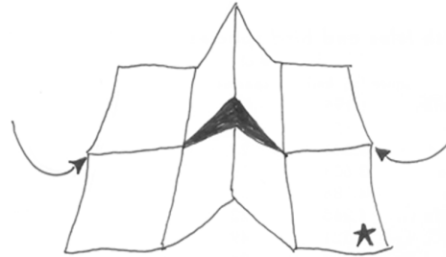
- 2** Now crease those folds so the paper rests like this naturally:



- 3** Now fold the paper in half as below and cut it halfway through so it looks like "4"...



- 4** Place the paper down like so. Now put your index fingers where the arrows are, lifting up while folding the sheet lengthwise over your index fingers...



- 5** During lengthwise folding in step "4" the middle of the sheet should buckle so that it can fold into this form naturally:



- 6** And now you have your eight-page zine! Notice the "starred" page is the front page of the zine. Voila!



Keep a 5mm blank margin around the whole sheet (Marked off in gray on the template on the next pages). Anything written within that area is not copied by most photocopiers.

The numbers on the zine template on the next page tell you the final order of the pages and the orientation of images on the pages once you fold the zine up: "1" is the first cover page and "8" is the last back cover page!

MY PROLOGUE

INTERPERSONAL CONFLICT GUIDE



describe the conflict

what had happened was ...

AT THE TIME,

I was thinking ...

SINCE THEN,

I've been thinking about ...

THIS HAS AFFECTED ME.

- emotionally:
- physically:
- mentally:
- socially:

other people affected by this include...

how will you react to the conflict?

- work through this zine with someone
- do a breathing exercise
- listen
- ask to be heard
- apologize
- leave where I am
- ask someone to have someone else leave
- went to someone with their permission
- share my needs
- research something I misunderstood
- step away from social media
- change something about this environment
- say "no"

- ask someone for help
- ask for more time
- ask for resources
- ask for space or privacy
- write a letter
- block someone on social media
- set new goals
- chant an affirmation
- seek help from my community

what now?

post-conflict justice includes:

- ACCOUNTABILITY**
understanding how we have been impacted by or caused harm
- HEALING**
a process of regaining or attaining well-being after harm or trauma
- RESTORATION**
actions taken to bring balance back to individuals and their community
- TRANSFORMATION**
changing the social conditions that made the harm possible

example 1

- I am hot.
- I need you to keep the window open while I'm here.
- That way, I will not worry about my health and can be more present in this space.
- If you can't do this, we should meet somewhere cooler, or 4b I will need to leave.

example 2

- I'm sorry for missing the deadline and recognize the harm this caused.
- I need some counseling on how to better organize my commitments.
- to prevent myself from causing any further stress to others.
- If I can't access that right away, I will step away from the group until I'm feeling less overwhelmed.

harm can be done by directly harming, encouraging harm, accepting harm or discouraging efforts to stop harm. all conflict results in some harm. this can be difficult to admit for both those who have caused harm AND those who have been harmed.

**I HAVE BEEN HARMED.
I HAVE CAUSED HARM.
ALL HARM IS DESERVING OF healing**

amplify your needs! speak your...

- Current status - center yourself; focus on how YOU feel!**
TRIGGERS? "I recognize"
CONCERNS? "I think"
"sorry""more of WHO?"
"less of""stop doing"WHEN? "start doing"FREQUENCY? "start doing"HELP? "less of"WHERE? "start doing"HEALTH? "so that I can"COMMUNITY? "as a result"
 - Need - focus on specific behavioral changes that can be made NOW**
 - Goal - explain how this action/change will help you or others**
 - Backup plan - have an alternative OR create a self-care solution that puts you in control!**

if not, I will
DEADLINE?
LIMITS?

HEALING RIGHTS

know your

- my healing is custom, nonlinear, and nonhierarchical
- I'm the expert in my experience of pain
- I maintain agency throughout healing
- I have a say in who or what enters the spaces I inhabit
- I can protest any kind of treatment that feels wrong
- I have the right to feel and express my emotions
- I can need things from others
- I have the right to not respond
- I have the right to heal privately
- my healing is a part of a larger process of collective healing
- we will confront oppressive systems that obstruct my healing

highlight the rights that are most important to you