

A watercolor illustration featuring several green leaves with black outlines and veins, scattered across the top and bottom of the page. A blue river or stream flows horizontally across the middle. The background is a light, textured grey. The text is overlaid on the central part of the image.

what is conflict?

a Safer Movements Collective zine



conflict is a rupture.

“conflict is the spirit
of a relationship
asking itself to
deepen.”
malidoma some

conflict can be a
desire for
connection.
conflict can pave
the way for
growth.

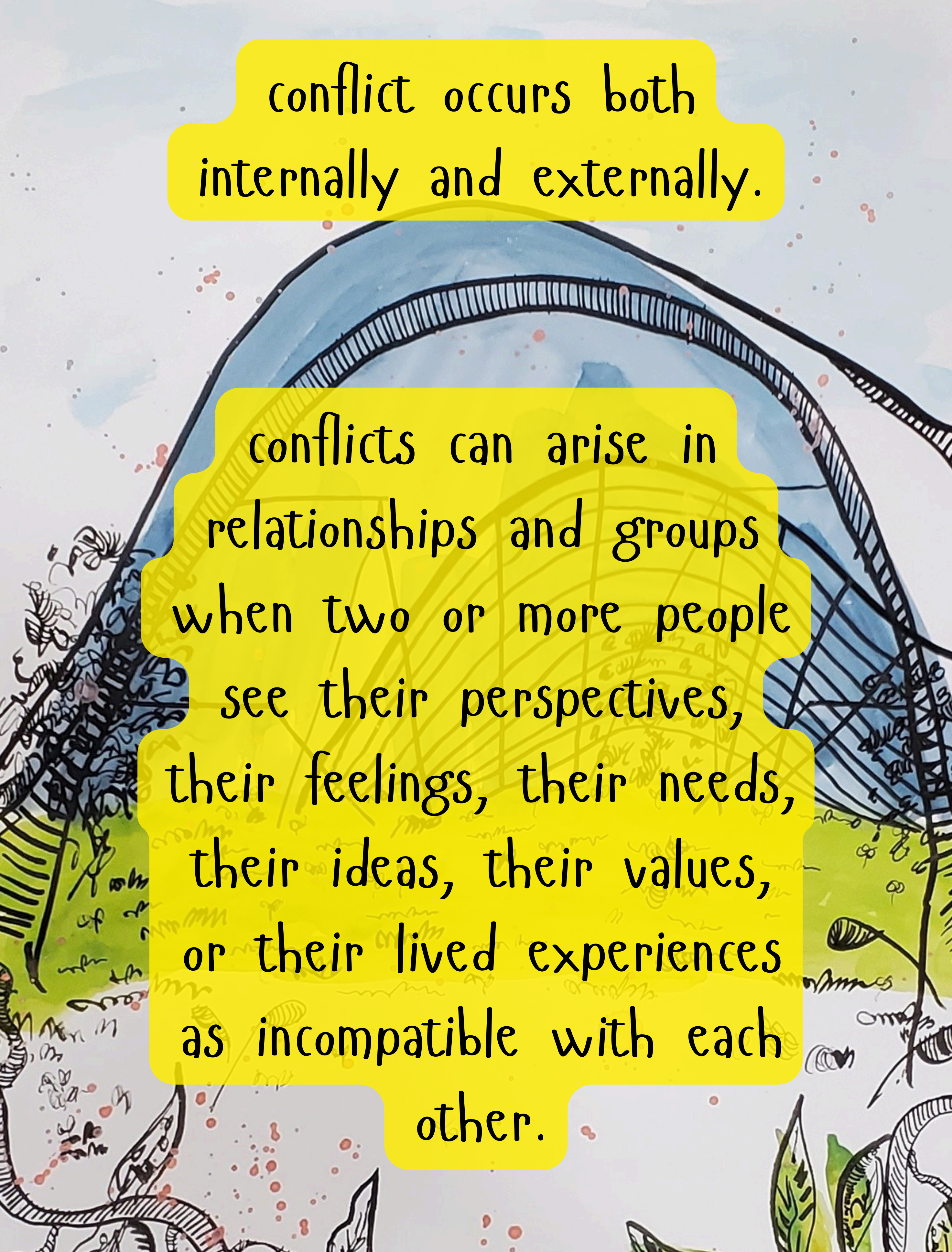
conflict is a constant assessment

you
MUST
BE
THIS
TALL
2
RIDE

are we willing
to set aside ego
and grow?

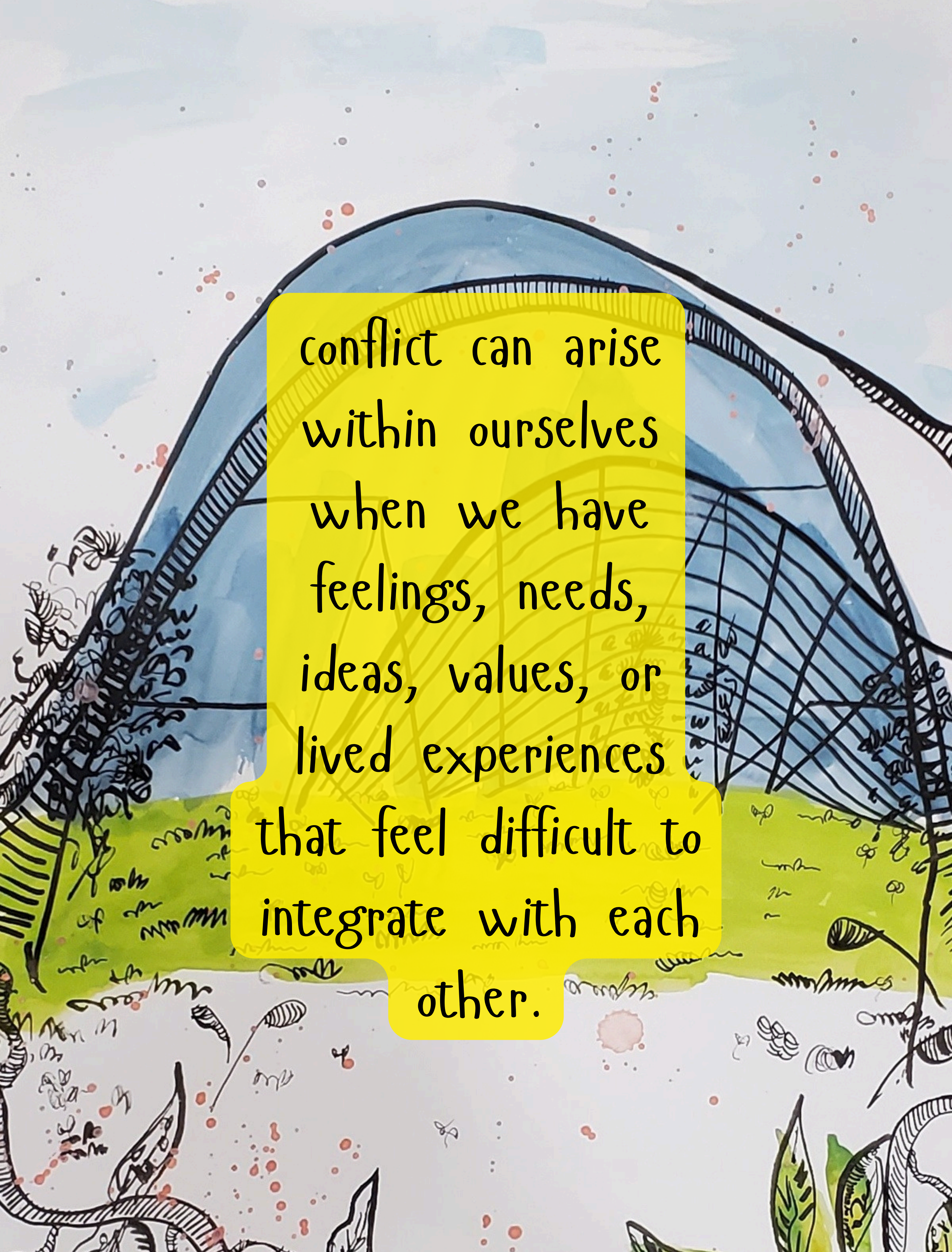
are we willing
to listen, own,
and repair?

what boundaries do
we need?



conflict occurs both internally and externally.

conflicts can arise in relationships and groups when two or more people see their perspectives, their feelings, their needs, their ideas, their values, or their lived experiences as incompatible with each other.



conflict can arise
within ourselves
when we have
feelings, needs,
ideas, values, or
lived experiences
that feel difficult to
integrate with each
other.



conflicts vary
in severity.

we can have a conflict
about what we're
going to eat for dinner,
or about someone's
willingness to unlearn
oppressive beliefs and
behaviors that cause
material harm.



harm is the impact felt
when we aren't
getting our needs met
as a result of someone
else's action or inaction.

conflict and harm
can coexist.



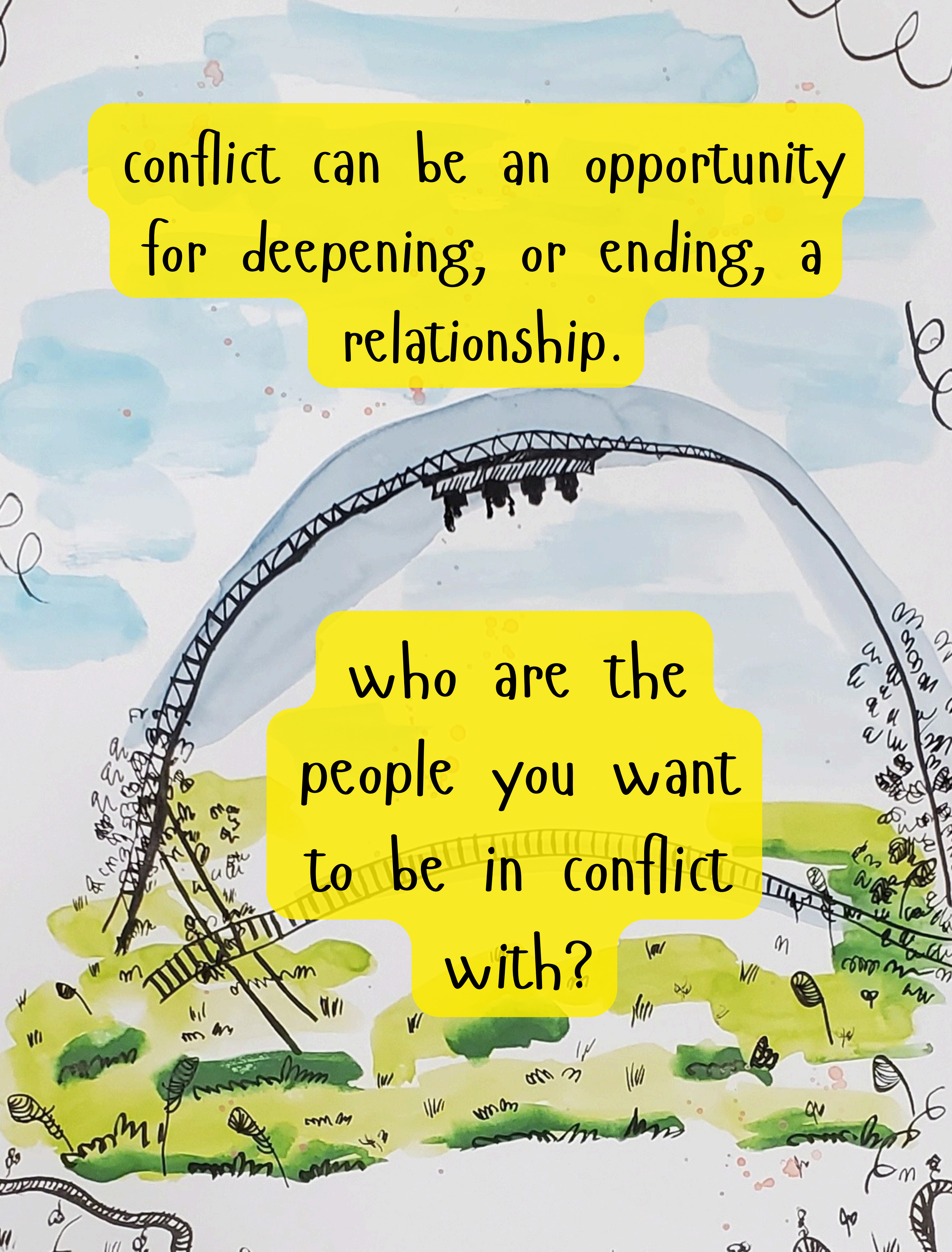
the stakes are so high right now.

we're experiencing conflicts collectively on a mass scale that strain our capacity to engage in everyday interpersonal conflicts that might have otherwise been generative.

where can we compromise?
where must we hold the line?

conflict can be an opportunity
for deepening, or ending, a
relationship.

who are the
people you want
to be in conflict
with?



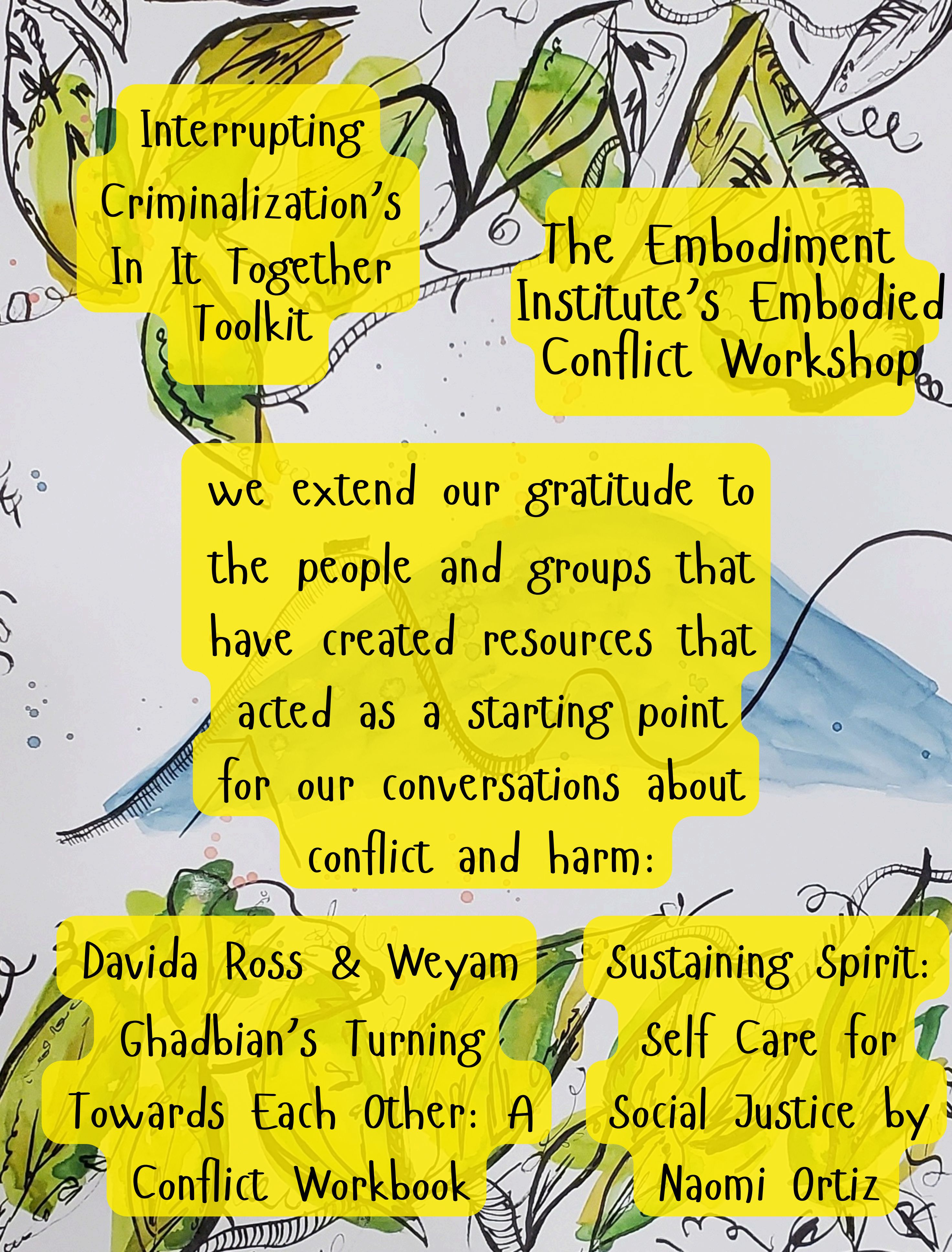
how does conflict feel in your body?

what experiences shaped your
approach to conflict?

what do you need to stay
connected?

how do you honor your needs?





Interrupting
Criminalization's
In It Together
Toolkit

The Embodiment
Institute's Embodied
Conflict Workshop

we extend our gratitude to
the people and groups that
have created resources that
acted as a starting point
for our conversations about
conflict and harm:

Davida Ross & Weyam
Ghadbian's Turning
Towards Each Other: A
Conflict Workbook

Sustaining Spirit:
Self Care for
Social Justice by
Naomi Ortiz



denise shanté

muva

sacharja

cy

tunde

aisha

queen

magdah

kai

rachel

zara

sequoya

yoly

kwaku

maya

v.

fox

we extend our gratitude
to the summer 2024
cohort of the Safer
Movements Collective who
co-created this definition: