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Stop. Take a breath. Make a change. We went too far.

We -- researchers, therapists and psychology lecturers -- call on each and every one of us to stop, look around, and take an active step to allow a place for the Other among ourselves.

We had enough violence. Enough outbursts. Enough heat, Enough incitement. Make room for listening. Make space for dialogue. Make time for reflection.

Let's find nonviolent ways to deal with frustration, anger and grief. These emotions are not resolved through impulsive, destructive actions.

Let's put an end to the rule of fear and anger. Let's provide space and time to express our thoughts and feelings in a safe and respectful environment, without trampling the Other's dignity.

As psychologists, we work every day with the most vulnerable among us to enable healing of traumas -- loss, humiliation, loss, and ostracism. Now the responsibility of such work lies with all of us. And each of us. Let us make our voices heard. Let's unite in support of our shared humanity.

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