

Peace Literacy 1: Laying the Foundations

Our understanding of peace is only as good as our understanding of the human condition and trauma.

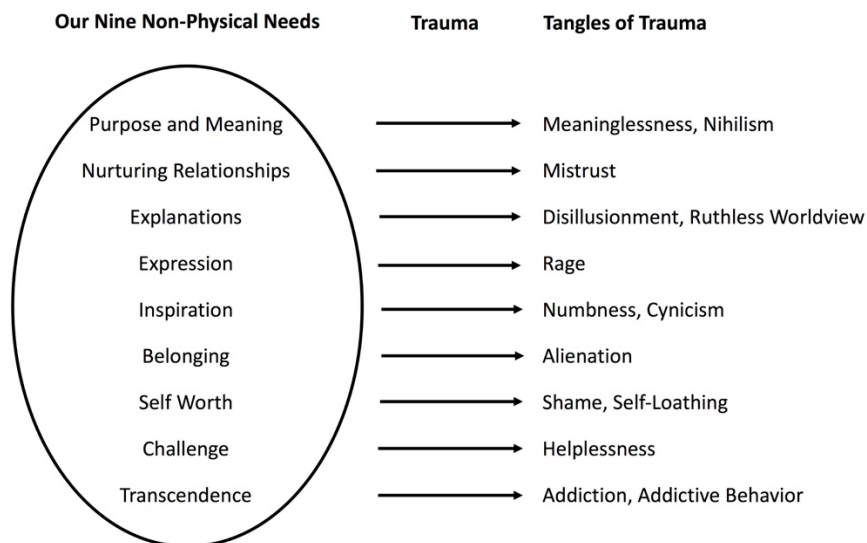
Peace Literacy offers a new way of understanding the human condition and trauma that upends Maslow's hierarchy and shows how fulfilling our non-physical needs such as purpose and meaning helps us fulfill our physical needs.

Our Nine Non-Physical Needs:

- Purpose and Meaning
- Nurturing Relationships
- Explanations
- Expression
- Inspiration
- Belonging
- Self-Worth
- Challenge
- Transcendence

Our Nine Non-Physical Needs and the Tangles of Trauma:

Peace Literacy gives us a diagnostic tool that shows how trauma, especially childhood trauma, racial trauma, and war trauma, can get tangled in these needs, and also shows how we can assist the healing process.



Adapted from Paul K. Chappell's pamphlet *A New Peace Paradigm: Our Human Needs and the Tangles of Trauma*, available for download at Peaceliteracy.org