Peace Literacy helps us build these capacities or muscles:

- Imagination
- Hope
- Curiosity
- Language
- Appreciation
- Discipline
- Conscience
- Reason
- Empathy

Peace Literacy involves learning and practicing skills such as:

- Listening with Empathy
- Recognizing Distress in Ourselves and Others
- Cultivating Calm in Ourselves and Others During Conflict
- Leading by Example

Peace Literacy helps us gain a more accurate understanding of the world and our place in it.

For example, we need to know that:

- Humans have 9 nonphysical needs such as belonging and self-worth that help us get our physical needs met.
- Trauma is ubiquitous and can become tangled with our nonphysical needs with predictable consequences.
- Human aggression is a distress response.
- We have a phobic reaction to aggression directed at us by other people.
- The introduction and maintenance of structural injustice is often an unhealthy attempt to meet nonphysical needs like belonging and self-worth.
- There are 7 nutrients for developing healthy belonging in strong communities.