

Harmony Politics

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Harmony Politics

Can you put another's specific needs ahead of your trusted generalizations?

POLITICS can never solve our specific problems from the level of generalizing that created them.

Which do you *think* is more true?

We freely choose our political positions after carefully reasoning each option.



We're compelled to choose a political position that best fits our painful needs.

SELECT YOUR ANSWER
IN THE DROPDOWN MENU:

We freely choose our political positions after carefully reasoning each option.

Rational choice theory misapplied

If freely choosing each political position, you enjoy a sense of personal freedom. You are master of your own fate. You are not compelled by anything, because that would just be an excuse to avoid the existential weight of personal responsibility.

If reduced like this to individual choices, however, you ignore external factors under cover of reasoning. You can blame others for not reasoning choices best for you, but not for them or as available to them. You get to hate in the name of debate.

Yes, no one can fully fault their circumstances. We can always choose to respond to the worst of circumstances with disciplined reasoning. But that can never excuse imposing poor options onto others. Personal responsibility coexists with social responsibility. Politics polarize when failing to balance both.

HARMONY POLITICS overcomes polarizing hate with love

↑ Understanding politics: *It's about needs* ↓

Harmony Politics

answers *polarized politics* by addressing the needs behind politics.

Anankelogy (the study of need) shines a fresh light on politics. Until we look through the lens of how politics exists to express needs, we miss its most basic point: Politics exist to express needs. Apart from needs to express, there is no such thing as politics.

Anankelogy defines politics as

¹the art of generalizing ²how to agreeably ³address needs in different social situations.

This packs three dynamics fueling polarized politics.

1. **Politics favors broad generalizations over your specific needs.** We become easily polarized over generalizations that poorly fit our specific needs.
2. **Politics shapes legal agreements to address public-facing needs.** We become easily polarized over alienating laws coercing behavior against our priority of needs.
3. **Politics mitigates between contrasting situationally-prioritized needs.** We become easily polarized by mutually misunderstanding each other's situational needs.

Until you understand the needs behind politics, you cannot really understand politics.

According to anankelogy, there is no good nor bad except for need. Morality is code for need. Good politics for you fits your needs. If it threatens the needs of others, then it's bad politics for them. No amount of political debating can change each other's needs.

**You can't force anyone's needs with political reasoning.
Their needs, as yours, force their own political reasons.**

According to anankelogy, we all share the same *core-needs*. We experience the same optimal range of body temperature. The same optimal range of water in our system. The same need for love, for acceptance, for belonging. How we get these diverges.

Politics can address this divergence. Politics cannot eliminate the needs themselves.

Anankelogy distinguishes between shared *core-needs* and less shared *resource-needs* to ease those core-needs, even less shared *access-needs* to get such resources, and least shared *psychosocial-needs* for who to access such resources to ease core-needs.

Value Relating

↑ Your experience of needs ↓

To illustrate this point, consider your need for income. We all need income, but get it in different ways. Likewise, we all need protection from threats, but some of us depend more on government protective services than others.

Click on INCOME in the white field below to change this illustration. See how we all share the same core-needs. But diverge in how we ease such needs.

We all need	INCOME	but get it differently.
-------------	---------------	-------------------------

Core-needs	Universally in common	"I'm broke."	"I'm broke."
We all feel the same need to purchase stuff.			
Resource-needs	Mostly in common	"I need my paycheck."	"I need more sales."
Most of us rely on money in some form.			
Access-needs	Largely different	"I'd have more if wages were higher."	"I'd have more if taxes were lower."
You receive a paycheck while I draw social security.			
Psychosocial needs	Thoroughly diverse	"I am at the mercy of my employer."	"I can work harder to earn more."
I buy stuff made by all kinds of people I indirectly trust.			

In anankology, this is called the *need-experience funnel*. It sees a **false comparison** when pitting the central needs shared by liberals and conservatives. It sees a **false equivalency** when conflating liberal and conservative outlooks to serve these needs.

You can remember this need-experience funnel by its accidental acronym. Can we now all agree that politics is full of CRAP?

Value Relating

↑ Your prioritizing needs (*reason be damned*) ↓

If not getting enough income, you will naturally obsess more about income. Reasoning has little to do with it. You can use reasoning for how to get the income you need, but there is no rational choice involved when nature prioritizes your urgent need for income. Emotions then rule.

Nature prioritizes your less resolved needs along this "need experience funnel." If relying on substitute resources, your painful need persists. If unable to access resource in time, your painful need persists. If vulnerable to others impacting your access to resources, your painful need persists. Can you get the income you need completely on your own, or must you trust others?

Your self-needs

You naturally need to be able to address many of your needs on your own. You cannot always call on others for help.

Your social-needs

You naturally need to trust others to help address your many needs. You cannot access or create all the resources your life needs.

SELECT A SELF-NEED FROM THIS DROPDOWN LIST

SELECT A SOCIAL-NEED FROM THIS DROPDOWN LIST

personal freedom

belonging

THEN DETERMINE WHICH YOU EXPERIENCE AS MORE RESOLVED THAN THE OTHER

My need for personal freedom tends to be more resolved than my need for belonging

RESET AFTER SELECTING A DIFFERENT SELF-NEED OR DIFFERENT SOCIAL-NEED

You demonstrate what anankelogy calls a "wide" psychosocial orientation. Your unmet social-needs pulls you to focus more on wider relationships, such as disadvantaged others you don't personally know. You guard your more resolved self-needs, like self-expression and authenticity.

WIDE
focus

If your **self-needs** resolve more than your **social-needs**, you tend to **focus wide**. You naturally focus more toward the needs of the disadvantaged. You yearn for inclusiveness, for what we can do more for each other, and for social equality for better lives.

DEEP
focus

If your **social-needs** resolve more than your **self-needs**, you tend to **focus deep**. You naturally focus more towards the needs of the resourceful. You yearn for cohesiveness, for what we can do more for ourselves, and for personal responsibility for better lives.

Your situation first focuses your needs. Your politics arrive after, to give them shared expression.

Value Relating

↑ Your psychosocial orientation ↓

Quick estimate your own psychosocial orientation, and see if it predicts your political outlook.



I need to focus more on wider relationships, minorities oppressed by historical trauma.

I feel more personally free to be unique than socially secure among those around me

I feel more compelled to express my unique self than compelled to be loyal to others

I feel more at risk of societal rejection than socially accepted in public

I feel more socially supported by those outside my family than by my family

I feel my experiences are more in common with others than at odds with others

I feel more threatened by systemic discrimination than by personal rejection

I feel more pressure from being offended than pressure to avoid offending others

I feel more excluded from economic opportunities than included

I feel more vulnerable from widespread rejection than from government intrusions

I feel more easily exploited by big business than by big government



I need to focus more on deeper relationships, traditional ways of community and the nation.

Your responses indicate you have a **WIDE-THEN-DEEP** psychosocial orientation. You likely express it best with **PROGRESSIVE LIBERAL** views. Your political outlook outwardly expresses your inward psychosocial orientation.

You likely find the most comfort for your publicly affected needs among other like-minded **PROGRESSIVE LIBERALS**. Together, you oppose those of a different political outlook. Because they prioritize a clashing set of needs than yours. Your prioritized needs keep you different from their outlook, not reasoned arguments. But stubborn needs.

↑ Correlating your political views ↓

Your political outlook outwardly expresses your inward psychosocial orientation.

So let's put that to the test. Read each political stance below, based on your answers above. Then click in the dropdown menu at the right of each item, to express how much you agree or disagree with the stated position. See the results below.

Your likely stance on IMMIGRATION:

I somewhat agree with this position

EASY ENTRY - "We need to admit most immigrants are desperate to leave situations largely of our interventionists making."

Your likely stance on CLIMATE CHANGE:

I somewhat agree with this position

CARBON EXCHANGE - "We already see devastating effects of climate change and must act now before more lives get harmed."

Your likely stance on GUN SAFETY:

I neither agree nor disagree with this position

MONITORED GUN RIGHTS - "We consider gun licensing and other similar measures helpful, but arming the left could be a better balance."

Your likely stance on ABORTION:

I fully agree with this position

EXCLUDE LATE TERM ONLY - "We need to trust the mother to make the best decision for her body and fetus throughout her pregnancy."

Your likely stance on HEALTHCARE:

I neither agree nor disagree with this position

OBAMACARE HEALTH XCHNG - "We need to access health care as a right whether we can afford it or not, without risk of going into deep debt."

Your likely stance on CRIMINAL JUSTICE:

I somewhat agree with this position

FIRST STEP ACT REHABILITATION - "We need to dismantle systemic racism as a prime culprit behind mass incarceration."

Your likely stance on ECONOMY:

I somewhat agree with this position

MODERATED ECONOMY - "We need to tax the wealthy more to redistribute wealth where needed, for our economy to work for everybody."

Your likely stance on RACISM:

I fully agree with this position

CULTURAL COMPETENCIES - "We need others to see how systems of oppression intersect to compound trauma in our lives."

You show a strong correlation between your estimated psychosocial orientation and political views.

↑ Your prioritizing psychosocial needs ↓

Your guarded political views outwardly express your inwardly vulnerable psychosocial orientation.

Can you change your priority of pressing needs to fit the expectations of another's persuasive political arguments? If not, why try to change their priority of pressing needs to fit your expectations? Why set yourself up to hate them for not agreeing with you?

To paraphrase JFK, ask not how others can agree with you politically; ask how you can better respect their needs. The more you respect their needs, the more you earn their respect for yours.



**Let's stop hating on each other for what neither can easily change.
Let's understand others as we expect others to understand us.**

If WIDE focused

you focus more on *social equality* than on *individual freedoms*

You seek **inclusion**:
to ease less resolved
social needs

On the political Left, you see
WIDE inclusiveness
for those who uniqueness left them
historically out in the cold.

If DEEP focused

you focus more on *individual freedoms* than on *social equality*

You may seek **both**:
personal & social
needs equally

You seek **freedom**: to
ease less resolved
personal needs

On the political Right, you see
DEEP cohesiveness
for those with a satisfying tradi-
tional relationship with each other.

You experience your **psychosocial needs** quite differently from one another.

social-needs more than self-needs. or **self-needs more than social-needs,**

**And that's what forms the basis for political differences.
Not rationally chosen differences. But stubborn needs.
Your needs exist first, then prioritize if left unresolved.
Political reasoning emerges afterwards for their relief.**

↑ Needs first, reasons later ↓

Now let's harmonize politics to each other's inflexible needs.

Your guarded political views outwardly express your inwardly needy psychosocial orientation.

Let's stop hating on each other for what we cannot easily change.

Needs come first. You politically believe what serves your needs. And no one chooses their needs. Your different needs orient you to different views.

Left pulling needs

Be authentic without exclusion
Is it effective for the many?
Is everyone equally included?
Prioritize most vulnerable?
Rely on public goods
Improve collective capacity

Right pulling needs

Guard traditional cohesion
Is it efficient for the few?
Is individuals live freely?
Prioritize most vulnerable?
Rely on private goods
Improve individual capacity

Why this clashing set of priorities?

Because your life situation impacts your psychosocial needs in an opposite way.

Because your life situation impacts your psychosocial needs in an opposite way.

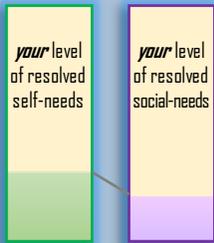
The more your self-needs resolve than your social-needs, the more you orient to a WIDE-focus, and gravitate politically leftward.

The more your social-needs resolve than your self-needs, the more you orient to a DEEP-focus, and gravitate politically rightward.

WIDE DEEP
If you can't change your prioritized needs for them, why must they change their prioritized needs for you?

↑ Oriented to prioritize your psychosocial needs ↓

WIDE oriented



Your less resolved **social-needs** prioritize your beliefs and actions for their relief.
Your relatively more resolved **self-needs** prioritize your defenses to remain painless.

These priorities **orient** you toward **wider** relating to ease your psychosocial needs.
Liberalism emerged to express it.

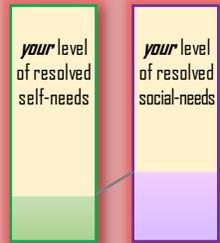
Since my **social-needs** are less resolved than my **self-needs**...

I must prioritize easing my **social-needs**, while guarding my more resolved **self-needs**.

We believe opposite to what **you believe**...

Because our opposite set of affected needs prioritize **our beliefs**.

DEEP oriented



Your less resolved **self-needs** prioritize your beliefs and actions for their relief.
Your relatively more resolved **social-needs** prioritize your defenses to remain painless.

These priorities **orient** you toward **deeper** relating to ease your psychosocial needs.
Conservatism best expresses it.

Since my **self-needs** are less resolved than my **social-needs**...

I must prioritize easing my **self-needs**, while guarding my more resolved **social-needs**.

We believe opposite to what **you believe**...

Because our opposite set of affected needs prioritize **our beliefs**.

Value Relating

↑ We believe what we *need* to believe ↓

We must prioritize more *inclusion* of the historically excluded

We feel the need for *inclusion* too **painfully** to be persuaded by your priority for traditional *cohesion*

We must prioritize what is *effective* for the many

We feel the need for *effectiveness* too **painfully** to be persuaded by your priority for *efficiency*

We must prioritize *equality* to include all in society

We feel the need for social *equality* too **painfully** to be persuaded by your priority for *personal freedom*

We must prioritize the most *vulnerable* to serve demand

We feel the need to serve *demand* too **painfully** to be persuaded by your priority to insure *supply*

We must prioritize more *public* goods like public assistance

We feel the need for *public goods* too **painfully** to be persuaded by your priority for *private goods*

We must prioritize our *collective* capacity

We feel the need for *shared capacity* too **painfully** to be persuaded by your priority for *personal capacity*

We must prioritize more *cohesion* of the traditionally grouped

We feel the need for *cohesion* too **painfully** to be persuaded by your priority for overlooked *inclusion*

We must prioritize what is *efficient* for the few

We feel the need for *efficiency* too **painfully** to be persuaded by your priority for *effectiveness*

We must prioritize *freedom* so individuals can thrive

We feel the need for *personal freedom* too **painfully** to be persuaded by your priority for *social equality*

We must prioritize the most *productive* to insure supply

We feel the need to insure *supply* too **painfully** to be persuaded by your priority to serve *demand*

We must prioritize more *private* goods like health insurance

We feel the need for *private goods* too **painfully** to be persuaded by your priority for *public goods*

We must prioritize our *individual* capacity

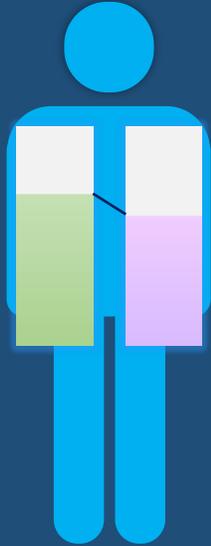
We feel the need for *personal capacity* too **painfully** to be persuaded by your priority for *shared capacity*

Value Relating

↑ You disagree with their priority of needs? ↓

"Government must serve the least advantaged."

In a humanly dense setting, such as urban centers,



your situation makes it difficult to fully resolve your social-needs (like inclusion).

As the **deep-oriented** shrink the role of government to serve their prioritized need, it tends to detract from your less resolved social-needs at the societal level.

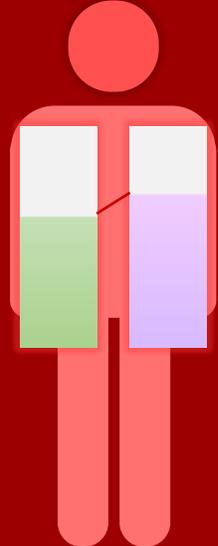
Why rely on government to protect the vulnerable from the many historical forms of destructive exploitation? Because it best **relieves** less resolved **social-needs**.

If you are a **wide-oriented liberal**, and you vehemently oppose **conservatives**, you are perpetuating **pain**. They are not your enemy. Unresolved needs are your true foe. They directly create **pain**.

The **more** my **self-needs** and social-needs both completely resolve, the **more** capable I am to focus on the needs of others. The **less** my **self-needs** resolve relative to my **social-needs**, or the **less** my **social-needs** resolve relative to my **self-needs**, the **less** capable I am to focus on the needs of others, as this tension creates **pain** that consumes my focus.

"Government serves best when it serves least."

In a humanly sparse setting, such as rural villages,



your situation makes it necessary to guard your resolved self-needs (like cohesion).

As the **wide-oriented** expand the role of government to serve their prioritized need, it tends to detract from your more resolved social-needs at the more local level.

Why rely on government only for the few services we cannot provide for ourselves, such as national defense? Because it **guards** traditionally more resolved **social-needs**.

If you are a **deep-oriented conservative**, and you vehemently oppose **liberals**, you are perpetuating **pain**. They are not your enemy. Unresolved needs are your true foe. They directly create your **pain**.

↑ Call for empathy

IF WIDE-ORIENTED ON THE POLITICAL **LEFT**, LISTEN TO THE **DEEP-ORIENTED**

Can you feel their **pain** without insisting they feel yours first?

Their resistance to **government tyranny** is painfully real.

They struggle to warn you of **mounting disintegration** they endure from coercive government pressures on their once cohesive families, neighborhoods, towns. They invite you to be part of the solution, and not complicit with the problem.

They must **guard** their *more* resolved social-needs.

They must conserve their traditionally loyal relationships, they must guard their loved ones from individual threats of violence, they must protect their hard-earned property, they must preserve free enterprise, and resist any outside threats to their working way of cohesive life.

They must because their lives count on these to **guard** their painfully impacted social-needs. How this painfully impacts you is a separate matter, covered below.

IF **DEEP-ORIENTED** ON THE POLITICAL **RIGHT**, LISTEN TO THE **WIDE-ORIENTED**

Can you feel their **pain** without insisting they feel yours first?

Their complaint of **systemic oppression** is painfully real.

They struggle to warn you of **recurring trauma** they endure from violent forms of recurring social exclusion for being different, disadvantaged, dejected. They invite you to be part of the solution, and not complicit with the problem.

They must **relieve** their *less* resolved social-needs.

They must struggle for equality, they must seek social programs, they must count on government to intercede for the vulnerable, they must push back against historical discrimination with identity politics using tools like intersectionality, multiculturalism and microaggressions.

They must because their lives count on these to **relieve** their painfully impacted social-needs. How this painfully impacts you is a separate matter, covered below.

Are you in so much **pain** that you can't relate to the **pain** in others different from you? The **more** you oppose another's need, the **more pain** you perpetuate. Theirs and your own. The other side is *not* the enemy. Unresolved needs are your true foe.

Those forcibly opposing the needs of another easily becomes the evil they fear in the other.

Value Relating

↑ Psychosocial orientation continuum ↓

PSYCHOSOCIAL PRIORITY
relieve social-needs
guard self-needs

Whether your **self-needs** resolve *a little more* or *a lot more* than your **social-needs**, your psychosocial orientation prioritizes you in the opposite direction of the **DEEP-oriented**. So you find more in common with other **WIDE-oriented** whose needs may be far more resolved than yours. They tend to be political leaders who dare speak for your prioritized needs.

PSYCHOSOCIAL PRIORITY
relieve self-needs
guard social-needs

Whether your **social-needs** resolve *a little more* or *a lot more* than your **self-needs**, your psychosocial orientation prioritizes you in the opposite direction of the **WIDE-oriented**. So you find more in common with other **DEEP-oriented** whose needs may be far more resolved than yours. They tend to be political leaders who dare speak for your prioritized needs.

Political leaders on both sides sidestep **your specific differences** with *similar others* to build political power. This may cost you vital attention to resolve **your specific needs**. If kept unresolved, *such politics keeps you in pain* and dependent on their leadership.

↑ By the way... ↓

Which do you *think* is more true?

Pain is *bad* and best avoided .



Pain is *good* and best embraced .

SELECT YOUR ANSWER
IN THE DROPDOWN MENU:

Pain is bad and best avoided.

The more you feel you must avoid pain, as something bad, the more likely you will accept the generalization from political leaders offering relief. Relieving your pain with their political generalizations rarely results in resolving your specific needs.

Your specific needs are unlike theirs. You specifically need differently from other liberals. The further the gap between your self-needs and social-needs, the further you slide politically leftward. The more you generalize for relief, the less your specific needs resolve. The more you are then tempted to be dependent on political generalizations for relief. Trusting politics can trap you in pain.

Your **pain** is not like their **pain**. So why expect one-size-fits-all politics to relieve your **pain**?



The visible political spectrum expresses an invisible *psychosocial orientation continuum*. The *less* your social-needs resolve in your current social situation, the further leftward you find yourself. The *more* provoked by your social situation to guard your social-needs, the further rightward you find yourself. Your needs drive the direction of your politics.

Value Relating

↑ Psychosocial continuum ↓

Anankelogy finds a continuum from a **wide-oriented** with a sharp difference in resolved psychosocial needs to a **deep-oriented** with a sharp difference in resolved psychosocial needs. These more specific *psychosocial orientations* form the basis of our more visible political spectrum.

← Wider relationships

Deeper relationships →

self-needs *less urgent than* social-needs psychosocial equilibrium social-needs *less urgent than* self-needs

wide-yet-shallow

wide-then-deep

wide-and-deep

deep-and-wide

deep-then-wide

deep-yet-narrow

Focus more on broad *social equality* than on *individual freedoms*

Focus more on *individual freedoms* than on broad *social equality*

Prioritize wide **inclusion** of all, over close-knit cohesion

Seek social **equality**, then seek individual freedoms

Experience **both**: social equality *and* personal freedom, inclusion *and* cohesion, social *and* self needs

Seek individual **freedoms**, then seek equality for others

Prioritize deep **cohesion** of familiar few, over inclusion of others

No one here really knows me. I don't really know any of them beyond social categories.

I kinda know others here. They kinda know me by the categories I fit.

I know others here. Others here know me enough to keep me accountable.

I mostly know everyone here. They think they know me.

I think I know everyone here. Few here really know me.

I must access almost all resources thru others. I can't count on being able to get what I need on my own.

I must access most resources thru others. I can only get a few on my own.

I can regularly access the resources I need on my own and thru others. I am amply supplied.

I access resources mostly on my own or locally. I don't like relying on those I can't personally know.

I must access resources mostly on my own. I can't count on others.

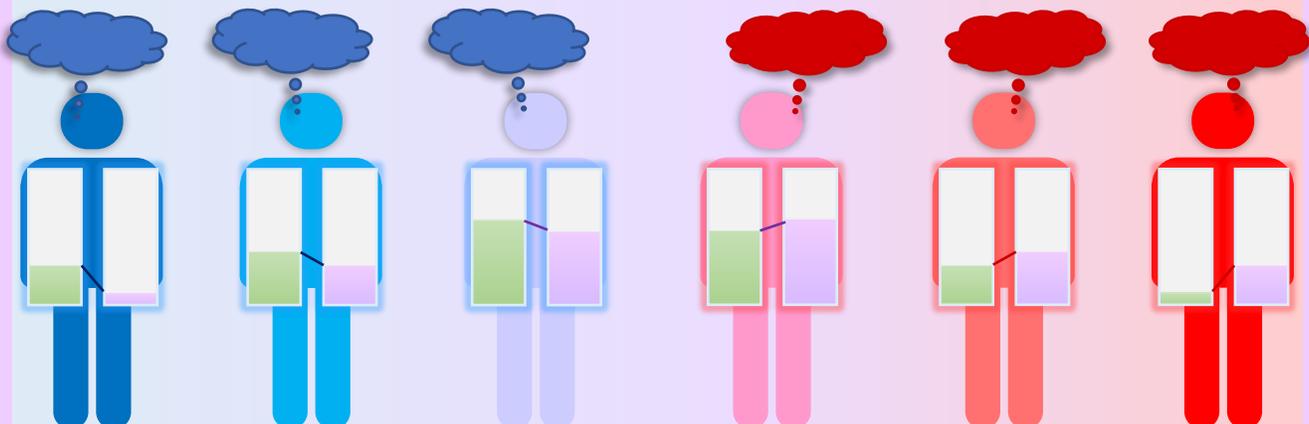
My needs rarely resolve fully. I'm in continual pain, and vulnerable to trauma.

My needs only partially resolve. I continually feel discontent.

My needs tend to fully resolve. I'm meaningfully content.

My needs only partially resolve. I frequently feel dissatisfied.

My needs rarely resolve fully. I'm easily irritated by those I don't know.

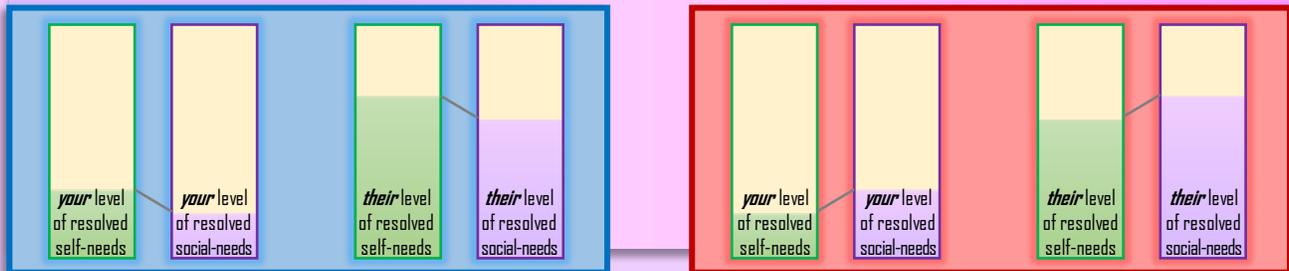


Value Relating

↑ Political leadership or political elitism? ↓

Political elites rise to their positions of influence largely from accessing resources to resolve needs at a level foreign to you. Through the lens of their more resolved psychosocial needs, political centrism expressed in neoliberalism makes clear sense. How we put up with it remains a little cloudy. At least until now.

Elites share the same psychosocial bias, but at a higher level of need satisfaction.



Political elites *follow* more than they lead

Instead of inspiring us to *resolve* both our self-needs and social-needs, to *remove* pain, they primarily seek to *relieve* the pain of competing psychosocial priorities.

Instead of encouraging wisdom of mutual responsibilities, it pits your needs against others.

Instead of inspiring us to be generous and love one another, it goads us to demand of others and hate them for not caving, and now to hate elites for not knowing our specific needs.

Popular generalizing leads us all astray. So let's **STOP** all this hating!



Hating elites does not really help

Let's be clear. Political elites as a lot are not innately flawed. They are a product of our large impersonal society. Such politics plays less of a role in small tribal societies.

Small tribal society

- Can personally know most of each other's **specific** needs.
- Typically sets a high standard for **fully resolving** all needs.
- Can get **everyone's input** on a decision affecting them all.

Large impersonal society

- Must **politically generalize** to reach agreeable public policies.
- Typically sets a lower standard at what is **politically reachable**.
- Relies on **political norms** to determine what is best for all.

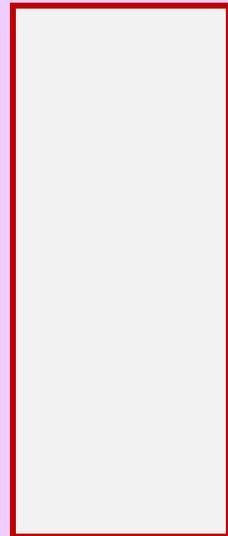
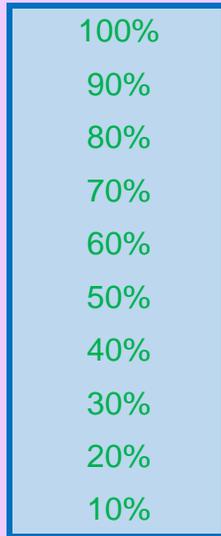
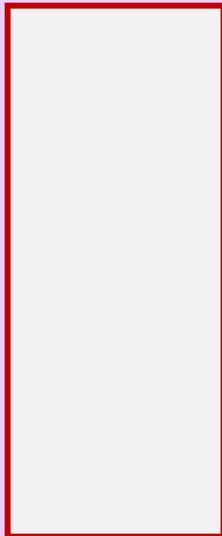
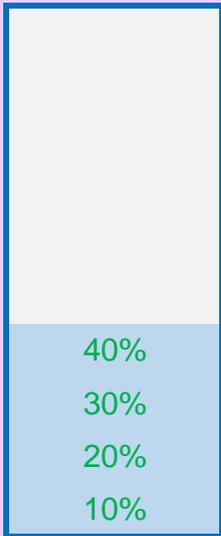
Political elites cannot know what they don't know, about your specific needs and mine. Popular politics easily lead us all astray. **Harmony Politics** aims to powerfully fill this gap.

Power isn't really power until it resolves needs. Otherwise it's just coercive force.

Value Relating

↑ Populism: distrusting elite establishment ↓

The distinction between *liberal left* and *conservative right* increasingly takes a back seat to the distinction between political elites (of either stripe) and objectified voters whose needs cannot fully resolve supposedly because "it's political." No, it is not.



VULNERABLE YOU

Leaning politically:

Are you economically secure?	no
Do you have fully secure housing?	no
Do you have quality food security?	yes
Secure access to drinkable water?	yes
You have quality health security?	no
Access to mental health supports?	yes
Afford a lawyer on retainer?	no
Live in a stable, supportive setting?	no
Influence more than influenced?	no
Getting paid doing what you love?	yes

POLITICALLY INFLUENTIAL

Leaning politically:

Are they economically secure?	yes
Do they have fully secure housing?	yes
Do they have quality food security?	yes
Secure access to drinkable water?	yes
They have quality health security?	yes
Access to mental health supports?	yes
Afford a lawyer on retainer?	yes
Live in a stable, supportive setting?	yes
Influence more than influenced?	yes
Getting paid doing what they love?	yes

The lateral left-right tension gives way to the vertical elite-populace tension. In this age of instant information on the Internet, the rallying role of political leaders slips increasingly into obsolence. In other words, the populace can now say to political elites, "Don't tell us what we need, we'll tell you. Moreover, don't insult us with your power-grabbing generalizations. If you can't cover our specifics, we will. We'll bypass you to resolve needs to remove its pain. We'll now lead ourselves, thank you "

Value Relating

↑ Keeping ourselves down ↓

Political fighting normalizes the problem of "psychosocial imbalance." If kept generalizing for relief, you easily cling to either psychosocial extreme:

emphasize
external socio-environmental factors
to the neglect of
internal psychological factors



emphasize
internal psychological factors
to the neglect of
external socio-environmental factors



We cannot function fully while suffering *psychosocial imbalance*, when our self-needs and social-needs remain in painful tension with each other.

The **less** your self-needs and social-needs resolve on par with each other, the **more** you struggle in pain. Your other needs cannot fully resolve, leaving you with **less** energy to live your life.

We can only function fully from a position of *psychosocial equilibrium*, when our internal self-needs remain in relative balance with our external social-needs.

The **more** your self-needs and social-needs resolve on par with each other, the **less** you struggle in pain. Your other needs can then more fully resolve, giving you **more** energy to live life fully.

Which do you prefer?

You have to respect our needs first, or we will not respect yours, as we fault your side for keeping us in pain of unmet needs.

The popular immature reaction?



We will demonstrate respect for your side's needs to model how you are to respect ours, to raise optimal functioning of us all.

An uncommon mature response?

↑ Premature rush to fight ↓

So what if you oppose those who oppose you. Anyone can be defensive and wait for the others to make the first move.

Be **remarkable** by *you* moving first. Offer what *you* can to those who politically oppose you. We dare you to be great!

Political fighting can never apply to the core needs themselves.

On the one hand...

"The hottest places in hell are reserved for those who, in times of great moral crisis, maintain their neutrality." - *Dante Alighieri*

"Take sides. Neutrality helps the oppressor, never the victim." - *Elie Eiesel*

"If you are neutral in situations of injustice, you have chosen the side of the oppressor." - *Desmond Tutu*

"Neutral men are the devils' allies." - *Edwin Hubbel Chapin*

HOWEVER...

Taking a side against what another **needs** does not extinguish moral conflict, but enflames it. - Steph Turner

↑ Wellness is psychosocial ↓

Let's understand others as we seek others to understand us.

When stuck in pain,
fast relief
seems far more important than
slow reason.

But political elites
expect and depend on you to favor
fast generalizing relief
over
slow reason
to keep them in power
over your expected inability to respond to specific needs.

**Responsibility is response-ability,
the ability to respond to specific needs.**

**Your response-ability
to me**

can only be
as good as

**my response-ability
to you.**

**My response-ability
to you**

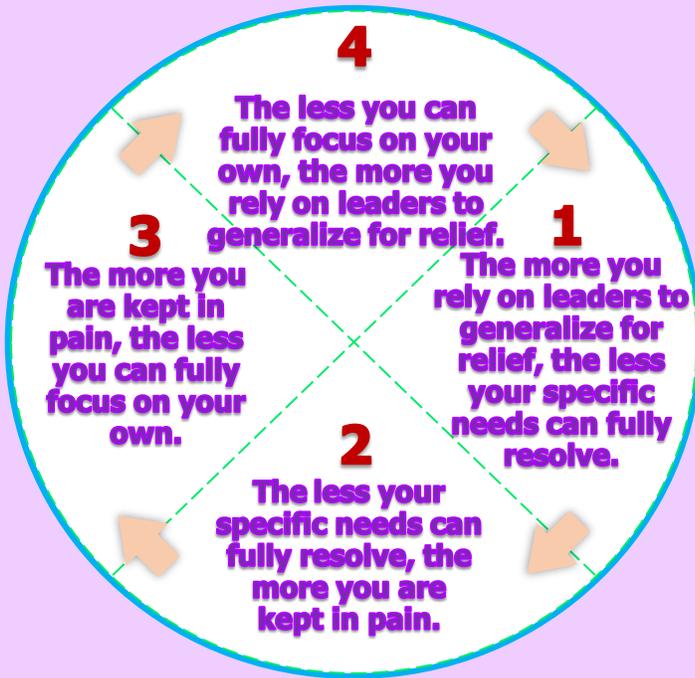
can only be
as good as

**your response-ability to
me.**

Wellness is psychosocial.

↑ Beyond Left and Right populism ↓

Political elites, such as mainstream media pundits and leading politicians, count on you to trust their generalizations. That keeps them alienated from your specifically painful needs. Kept in pain, you are coerced to oppose others you are to blame for that pain. **Harmony Politics** empowers you with a need-resolving pain-removing alternative.

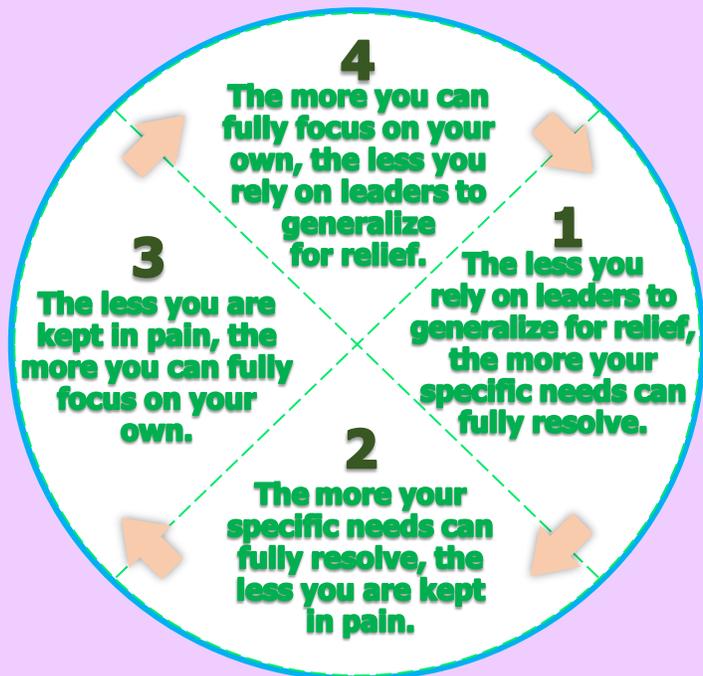


POWER ELITE CYCLE – divisive politics

1. The more you rely on political leaders to generalize for relief, the less your specific needs can fully resolve.
2. The less your specific needs can fully resolve, the more you are kept in **pain**.
3. The more you are kept in **pain**, the less you can fully focus on your specific needs.
4. The less you can focus on your specific needs, the more you rely on leaders for relief.
5. The more you rely on leaders...

EMPOWERMENT CYCLE – Harmony Politics

1. The less you rely on political leaders to generalize for relief, the more your specific needs can fully resolve.
2. The more your specific needs can fully resolve, the less you are kept in **pain**.
3. The less you are kept in **pain**, the more you can fully focus on your specific needs.
4. The more you can fully focus on your specific needs, the less you rely on leaders to generalize for relief.
5. The less you rely on leaders...



Value Relating

↑ Dissolving the pain of divisive tribal politics ↓

Politics turns tribal when it binds the needy into camps sharing the same prioritized needs. Then rally its members into opposing any other camp prioritizing a different set of needs. Each side focuses less and less on resolving needs, keeping us all needy and stuck in pain. And in perpetual yet pointless conflict. Contrast this with **Harmony Politics**.

Divisive politics

Argues defensively to avoid pain
Rejects expressed differences
Demands consensus agreement

Harmony Politics

Listens for needs to remove pain
Affirms different need priorities
Offers empathy & understanding

Harmony Politics is not for everyone. It depends on the status quo you may depend upon.

Select how ready, willing and able you are to try this radically different path.

I want to learn about the pain of the other side only if they first learn of my pain.

If you condition your openness to their pain to their openness to yours, alright. You may not be up to this challenge. But when frustrated to the point of disillusionment with divisive politics, reconsider this challenge to resolve politicized needs.

Here is our challenge: To compete with one another not to score political gains but to measurably resolve the most needs in each other. This includes the challenge for who can hold out the longest to endure the pain of unresolved needs, to fully resolve those needs. Those who slip back into prioritizing pain relief will lose, as that permits these needs to later create more pain. Let's turn this challenge into an opportunity to create compelling value for us all.

If I endured the short-term hardship of resolving needs over relieving its pain, I'd win and you would lose. In the long run, we all win with a raised level of personal and shared functioning. If you endured longer than me, to overcome the difficulties of resolving more needs than me, then you'd win and I'd lose. In the long run, we still boost each other's level of functioning in life.

Victory could go to who resolves the most needs. Who could earn the right to lead politically, surpassing the old divisive politics guard. In the process, we could raise political standards. Starting with these eight issues.

Are you now ready, willing and able to accept this challenge?

Value Relating

↑ Eight key issues to apply Harmony Politics ↓

PAIN POINTS ON EACH SIDE

The *more* in **pain** from a public facing need, the *more* attracted to a political position that best offers generalizing relief for that **pain** point. The *more* in **pain**, the *more* opposed to the alternate position serving the other social situation. The *less* specifics get addressed, the *less* resolved the needs. The *more* the underlying problem persists with mounting **pain**, the *more* dependence on political generalizing for relief. *Political elites stay in power keeping you painfully needy.*

OPPRESSION

trauma preventing full social integration

TYRANNY

distress disintegrating social cohesion



IMMIGRATION



Trauma of white supremacy

Systemically targeted for exclusion if nonwhite

Dread of invasive culture

Overwhelming disintegration of once cohesive supports



CLIMATE CHANGE



Increasing natural catastrophes

Devastating lives least capable to adjust to habitat impacts

Encroaching government tyranny

Onerous environment regulations stifling property rights



GUN SAFETY



Trauma of mass shootings

Vulnerabilities to xenophobic gun owners ("I could be shot next!")

Defenseless without firearms

Lose means to hold government overreach accountable



ABORTION



Forced pregnancies

Threat to losing reproductive rights, having to resort to secrecy

Massive loss of innocence

Mounting loss of newborn life (like Left's reaction to mass shootings)



HEALTHCARE



Left to die and suffer

Risk crippling debt or worse from mounting medical bills

Loss of quality care

Lose freedom to choose best options for health



CRIMINAL JUSTICE



Criminalized for being different

Racial profiling, police brutality, onerous court fees, PIC

Violent criminals on the loose

Targeted by violent felons, many from disintegrated communities



ECONOMY



Trapped in poverty cycles

Slide deeper into debt and risk homelessness or worse

Business failure

Too many regulatory barriers to start & grow a successful enterprise



RACE



Persisting discrimination

Trapped in white supremacy patterns with little if any hope of escape

White shaming

Loss of social status, job and perhaps career for unintentional slight

◀ Wider relating

Deeper relating ▶

Value Relating

↑ Politics as usual - *immature polarizing* ↓

Select one of the eight political issues from this dropdown list. Then read its content below.

ABORTION



ARGUE
REJECT
DEMAND

or
or
or

LISTEN
AFFIRM
OFFER



Leftward stance

REPRODUC. RIGHTS

Rightward stance

UNBORN RIGHTS

ARGUE

Life begins at birth. Women have the right to control their own bodies, including whether or not to carry a pregnancy to full term.

ARGUE

Life begins at conception. The unborn have no voice, so we must be their voice to protect their right to live and reach their potential.

REJECT

Let the first Republican male who has conceived, carried and birthed a child cast the first vote.

REJECT

Let every Democrat hear the muffled screams of every aborted child who will never get to vote.

DEMAND

Protect the right of women to control their own bodies. Keep funding Planned Parenthood. Don't leave these women at the mercy of back alley coat hangers.

DEMAND

Respect the sanctity of life. Inform new mothers of the consequences of an abortion. Compel her to pursue life-affirming alternatives like adoption.

Value Relating

↑ Harmony politics - *mature responsiveness* ↓

This is what **mature responsiveness** can look like for the politicized issue of abortion.

LISTEN

LISTEN

"I need to freely access health care for my oft-controlled female body, including safe space to make the ultimate decision to end an unbearable pregnancy."

"I need to honor the sanctity of all life, including the yet to be born, who will never get to reach their life potential if voicelessly aborted by her seemingly selfish mother."

AFFIRM

AFFIRM

societal inclusion

self-potential

bodily autonomy

familial bonding

unmet social-need

guarded self-need

guarded social-need

unmet self-need

OFFER

OFFER

The more I honor your unmet self-need for self-potential, I trust you'll find it easier to respect our guarded self-need for bodily autonomy.

The more I respect your guarded self-need to be bodily autonomy, I trust you'll find it easier to honor our unmet self-need for self-potential.

The more I respect your guarded social-need for familial bonding, I trust you'll find it easier to honor our unmet social-need for societal inclusion.

The more I honor your unmet social-need for societal inclusion, I trust you'll find it easier to respect our guarded social-need for familial bonding.

Up until now, what did you think about the available political sides? Select at right which has best fit your view.

one side is totally correct and the other completely wrong

You're likely an ideologically committed partisan, fighting for what's right. You also likely suffer more psychosocial imbalance. Instead of reacting to others with a different abortion view, or avoiding politics altogether, consider the viable alternative of responding to each other's needs behind the political rhetoric. You can listen for their abortion impacted needs without agreeing how you or others should respond to them. Their needs in how they experience abortion will not go away when ignored, but persist even more painfully. So let us be more mature in how we respond to them, modeling how others are to respond to yours.

Value Relating

↑ Lateral array ↓

Sometimes the greatest hostilities erupt between members of the same political side. They defy expectation to hold the liberal or conservative consensus together. But if anchored in a particular psychosocial orientation, one that prioritizes their inflexible needs, these hostilities are in vain.

Arguments cannot sway the far left, or the far right, from experiencing their priority of needs. Any more than arguments can persuade a centrist to try an extreme. *Social conditions more than personal choices prioritize psychosocial needs*, which then shapes their orientation. Not debates.

The more your social conditions painfully undermine your *less resolved social-needs*, the **wider** your focus for their **relief**. The more your social conditions painfully encroach on your *more resolved social-needs*, the **deeper** your focus to **guard** them. But like an iceberg, you keep your vulnerable needs hidden beneath the surface of guarded political expressions.

WIDER-focus

DEEPER-focus

far left socialist	social progressive	center left liberal	center right conservative	new right reactionary	far right or alt-right
wide-yet-shallow	wide-then-deep	wide-and-deep	deep-and-wide	deep-then-wide	deep-yet-narrow
VISIBLE EXPRESSION	VISIBLE EXPRESSION	VISIBLE EXPRESSION	VISIBLE EXPRESSION	VISIBLE EXPRESSION	VISIBLE EXPRESSION
OPPOSE ALL MISOGYNY	MOTHER'S CHOICE	EXCLUDE LATE TERM ONLY	RARE EXCEPTIONS	ONLY IF LIFE OF MOTHER AT RISK	NO ABORTIONS NO EXCEPTIONS
VULNERABLE NEEDS	VULNERABLE NEEDS	VULNERABLE NEEDS	VULNERABLE NEEDS	VULNERABLE NEEDS	VULNERABLE NEEDS
We need to fully protect women's reproductive rights against misogynist attempts to control her body	We need to trust the mother to make the best decision for her body and fetus throughout her pregnancy	We need to trust the mother to decide what's best as long as she acts before the final trimester	We need to protect the unborn by allowing only rare exceptions like in cases of rape and incest	We need to protect the unborn by allowing a termination only if the mother's life is in peril	We need to enshrine the sanctity of family life and allow no exceptions for terminating a pregnancy

Seek inclusion: to ease less satisfied social-need

Seek both: personal & social needs relatively equally.

Guard cohesion: the more satisfied social-need

Up until now, who do you fault the most for political polarization?
 Besides these, who do you fault the most for political polarization?

neoliberal centrists corrupted by corporatist donor class
 divisive politicians who court our votes with negative ads

Yes, polarization stems in part from centrist stagnation. Polarization also feeds on divisive politicians. It's easier to blame others, while guarding our vulnerable needs, than own our own role in it. We fuel polarization when resisting life's natural pull toward psychosocial equilibrium. Equally resolving your self-needs and social-needs dissolves abortion polarized views. The more connected and honest with others, the more fully you can resolve your abortion needs. There is no such thing as pain apart from unresolved needs. Resolved needs liberate you.

Value Relating

↑ SWOT personalized ↓

SWOT stands for 1) **s**trengths, 2) **w**eaknesses, 3) **o**pportunities, and 4) **t**hreats. It is a popular analysis tool for enterprises to look inward and outward at both the good and bad. By looking inward and outward, it can capture the psychosocial dynamics affecting your politicized needs.

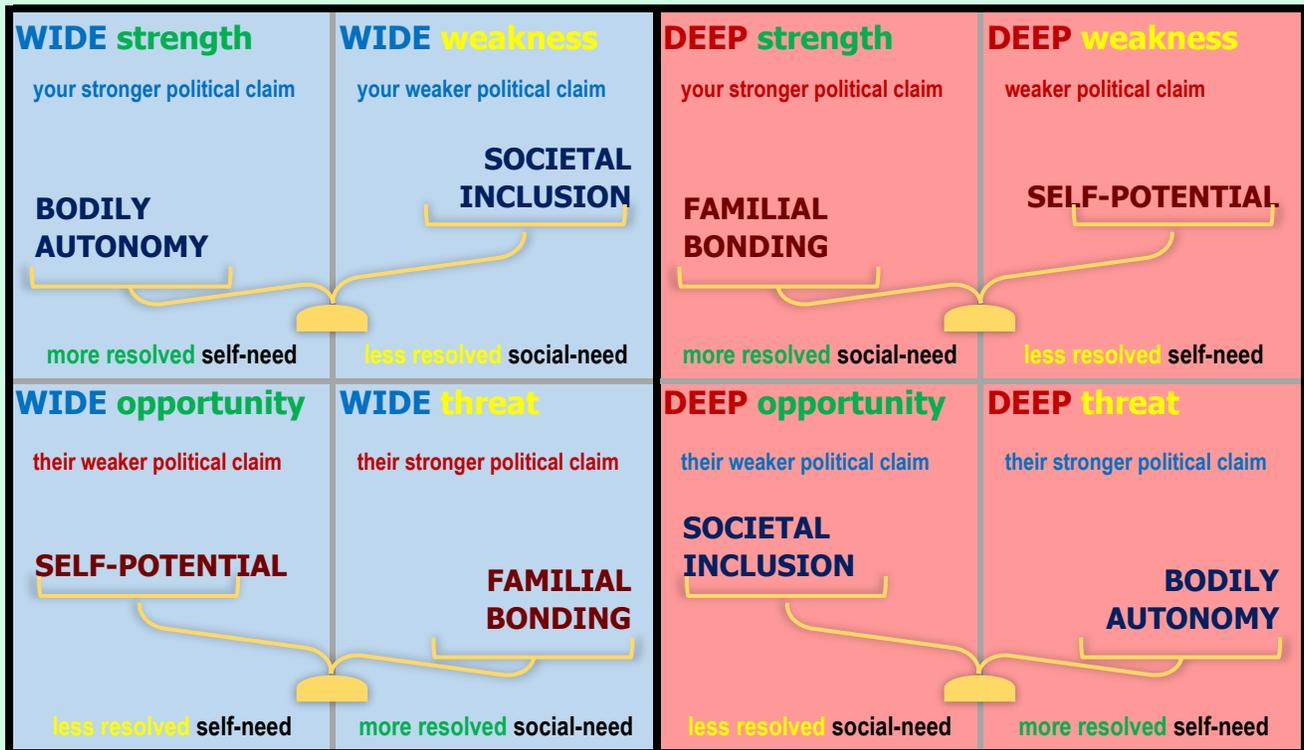
The **wide-oriented**

generally **guard** their *more resolved self-needs*, while trying to **relieve** their *less resolved social-needs*.

The **deep-oriented**

generally **guard** their *more resolved social-needs*, while trying to **relieve** their *less resolved self-needs*.

This contrasting distinction provides the basis for this SWOT tool. You can use it to determine which is the stronger and the weaker political claim on each side.



How well do you trust politics to respect your politicized needs?

I cautiously trust politics to serve my publicly affected needs.

You likely follow all levels of a political campaign. You put up with politics as the best means to address abortion problems. No matter how you feel about politics, this SWOT tool can add discipline to an otherwise free-for-all mess.

The other side's political weakness around their FALSE views provides you opportunity. You can create value for them from the solid ground of your FALSE strengths. Let them reciprocate by providing value to your political weakness. In short, overcome polarization by demanding less, giving more.

Harmony Politics counters political polarization by treating each element found in our definition for politics. Politics can then be less of a stumbling block and more of a stepping stone, to bridge your respect with their respect for each other's politicized needs.

↑ Harmonizing diverse politicized needs ↓

Politics is

the art of generalizing

generalizing beliefs

know specific needs

how to agreeably address needs

alienating norms

engaging impacts

in differing social situations.

polarizing priorities

unifying resolution

Harmony Politics basically follows a three-step process based on this anankelological definition of politics. Click on each or scroll down to learn and use these empowering steps.

DEGENERALIZE

DEALIENATE

DEPOLARIZE

Generalizing lets us build coalitions, by avoiding messy specifics that could undercut unifying agreement. Coalitions attract support to shape public policy around each issue.

Alienation is the byproduct of our highly individualistic privacy, so we can do our own things without intrusion from others. Privacy lets us set our terms for handling each issue.

Polarization is the common outcome when fighting for our opposing rights, to ensure everyone gets their turn at the public pie. It tends to bring out more voices affected by each issue.

But generalizations gloss over the specifics necessary to fully resolve underlying needs, which would then remove the pain. The more you generalize, the more you feel the need to generalize, slipping into a vicious cycle.

But alienation traps us into relying on impersonal laws to redress one another's affected needs. The more you remain alienated from others, the less you can resolve needs affecting each other, trapping you into a vicious cycle.

But polarization easily sinks into mutual defensiveness that shuts down meaningful resolution of each other's affected needs. The more at odds with each other, the longer it can take to resolve needs, leaving you stuck in a vicious cycle.

Let's reverse each cycle. Let's DEGENERALIZE with relational knowing. Let's DEALIENATE with impact engaging. Let's DEPOLARIZE with value framing. Each explained below. Let's replace this hate with love.

ABORTION

CHANGE ISSUE HERE OR ABOVE

↑ 1. DEGENERALIZE ↓

Generalizing can remain provisional, as a bridge to relevant specifics. Too often, we cling to our trusted generalizations for relief, letting them slip into obstructing over-generalizing. Let's dial them back.

Generalizing cycle allowing hate



1. The more you generalize for relief with ABORTION politics, the less responsive you are to specific needs affected by ABORTION.
2. The less responsive to specific needs affected by ABORTION, the fewer of your ABORTION affected needs fully resolve.
3. The fewer of your ABORTION affected needs fully resolve, the more pain around the ABORTION issue you naturally suffer.
4. The more pain from unmet ABORTION needs, the more you generalize for relief with specifics-avoidant ABORTION politics.
5. The more you generalize how we all should respond to the issue of ABORTION....

Degeneralizing cycle cultivating love



1. The less you generalize for relief with ABORTION politics, the more responsive you are to specific needs affected by ABORTION.
2. The more responsive to specific needs affected by ABORTION, the more of your ABORTION affected needs fully resolve.
3. The more of your ABORTION affected needs fully resolve, the less pain around the ABORTION issue you naturally suffer.
4. The less pain from unmet ABORTION needs, the less you generalize for relief by using ABORTION politics as a stepping stone to address overlooked specifics.
5. The less you generalize how we all should respond to the issue of ABORTION....

Value Relating

↑ Relational knowing (v. relieve believe) ↓

We DEGENERALIZE with a testable hypothesis of **relational knowing**: the more of this or that, the more (or less) of that or this. It draws closer to addressing each other's *specific* needs.

Consider each example a conversation starter. Let **relational knowing** for this issue show us how easily we impact each other. See our opposite emphasis of psychosocial needs create contrasting priorities. Then below, rate these for how well you can agree if this can help us overcome political polarization.

The more you affirm my need to avoid stigmatization, the easier to respect your need to speak for the unborn.

The more you affirm my need to speak for the unborn, the easier to respect your need to avoid becoming stigmatized.

CHANGE ISSUE ABOVE TO CHANGE IT HERE

But the more you threaten my reproductive health, the less I can respect your need to curb demand for abortion.

But the more our daughters have secret abortions, the less I can respect your need to access any abortion clinic.

This wording helps me relate better to both sides of abortion politics.

Now I can better understand abortion politics' competing priorities.

This wording helps me let go of trusted abortion generalizations.

I somewhat agree

I somewhat disagree

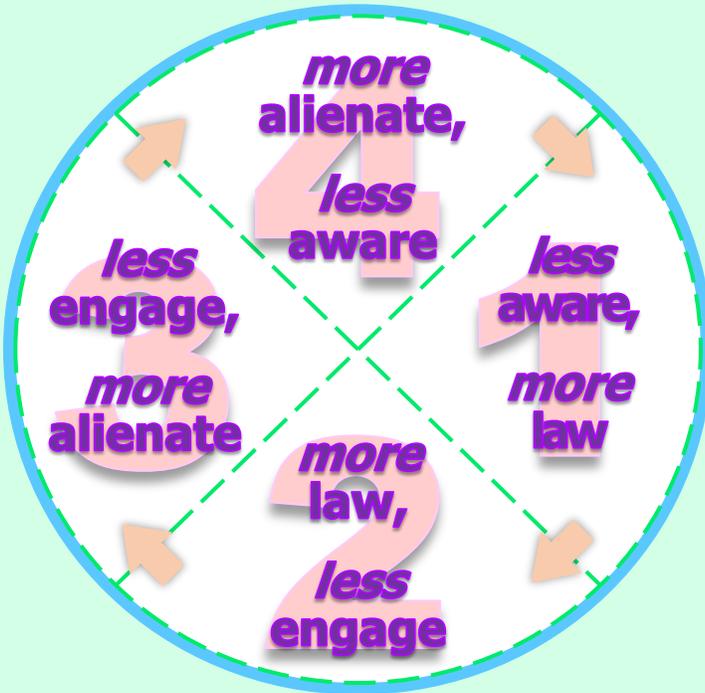
I neither agree nor disagree

You are now in a significant position to "lead" your political leaders. Lead them in relating more fully to all sides of abortion politics. Lead them in empathizing with competing abortion priorities. Lead them in how you rely less on abortion generalizations, so all sides can more freely resolve their specific abortion needs. Lead with the higher authority of resolved needs.

2. DEALIENATE

Alienation is normal for larger "secondary" societies like ours. We typically we remain estranged, so rely on impersonal laws to guide a minimal standard for treating each other. Let's engage each other more.

Alienating cycle provoking hate



1. The less aware of other's needs impacted by ABORTION, the more you rely on constricting laws about ABORTION.
2. The more you rely on laws about ABORTION, the less you engage others impacted by ABORTION.
3. The less you engage others impacted by ABORTION, the more you alienate others when addressing ABORTION.
4. The more you alienate others when addressing ABORTION, the less aware of other's needs impacted by ABORTION.
5. The less aware of other's ABORTION impacted needs....

Dealienating cycle incentizing love



1. The more aware of other's needs impacted by ABORTION, the less you rely on constricting laws about ABORTION.
2. The less you rely on laws about ABORTION, the more you engage others impacted by ABORTION.
3. The more you engage others impacted by ABORTION, the less you alienate others when addressing ABORTION.
4. The less you alienate others when addressing ABORTION, the more aware of other's needs impacted by ABORTION.
5. The more aware of other's ABORTION impacted needs....

Value Relating

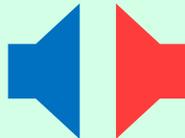
↑ Impact engaging (v. impersonal compliance) ↓

We DEALIENATE with **impact engaging**: converse with each other how political gains or losses impact each other. If we win, seeing how that impacts you. If we lose, see how that impacts us.

Consider each example a conversation starter. Let **impact engaging** for this issue show us how easily we impact each other. See how impersonal laws can alienate us from each other's specific needs. Then below, rate these for how well you can agree if this can help us bridge the alienation reinforced by political polarization.

If we win reproductive rights,
I will respect its impact on
your need to give voice to the
unborn.

If we win rights for the
unborn, I will respect its
impact on your reproductive
health needs.



If we lose reproductive rights,
I will expect you to appreciate
its impact on our reproductive
health needs.

If we lose rights for the
unborn, I will expect you to
appreciate its impact on the
voiceless unborn.

This wording helps me engage with the opposing side of abortion politics.

Now I can be less dependent on laws requiring my response to abortion-related needs.

I can now better handle losing at abortion politics.

I somewhat agree

I somewhat disagree

I totally disagree

You are now in a moderate position to "lead" your political leaders. Lead them by engaging actual needs on both sides of the abortion issue. Lead by responding directly to abortion related needs, beyond legal minimums for abortion. Lead in how you report and endure the negative impacts whenever losing your abortion position. Lead with the higher authority of resolved needs.

3. DEPOLARIZE

Polarization crops up between extreme positions. Conflict loves extremes. Exaggerations kill conversations. Let's look for and appreciate the value in each other.



Polarizing cycle deepening hate

1. The more you overstate their differences on ABORTION, the more you depict their errors with ABORTION as typical.
2. The more you depict their errors with ABORTION as typical, the more guarded you get toward their views on ABORTION.
3. The more guarded you get toward their views on ABORTION the more they get defensive toward your views on ABORTION.
4. The more they get defensive toward your views on ABORTION, the more you overstate their differences on ABORTION.
5. The more you overstate their differences on ABORTION....

Depolarizing cycle encouraging love

1. The less you overstate their differences on ABORTION, the less you depict their errors with ABORTION.
2. The less you depict their errors with ABORTION as typical, the less guarded you get toward their views on ABORTION.
3. The less guarded you get toward their views on ABORTION the less they get defensive toward your views on ABORTION.
4. The less they get defensive toward your views on ABORTION, the less you overstate their differences on ABORTION.
5. The less you overstate their differences on ABORTION....



Value Relating

↑ Value framing (v. mutual hostilities) ↓

We DEPOLARIZE with **value framing**: it frames our impacted needs in context of impacting the needs of others. It follows the business communication format of 1) a positive, 2) a negative, and 3) the parity of valuing both sides.

Consider each example a conversation starter. Let **value framing** for this issue show us how to mutually value each other, beyond our need-prioritizing political differences. Let's mature beyond exaggerating, stereotyping, and provoking mutual defensiveness. Then below, rate these for how well you can agree if this can help us dissolve the animosity in political polarization.



I affirm your need for protecting the voiceless unborn. And thank you for affirming our need to access reproductive health services.



I need you to feel the frustration of walking into a clinic and feeling stigmatized for prioritizing my health.



Perhaps we can do better to consider all available newborn options before committing to that irreversible option.



I affirm your need to access reproductive health services. And thank you for affirming our need to protect the voiceless unborn.



I need you to feel the alarm of countless unnecessary terminations who potentially could develop into meaningful lives.



Perhaps we can do better to provide reproductive health services without stigmatizing women for considering that irreversible option.

This helps me replace fighting with appreciation for the other's abortion position.

I can cease exaggerating about the apparent worst of the opposing abortion view.

I can replace defensiveness with mutual value for resolving each other's abortion needs.

I somewhat agree

I fully agree

I somewhat agree

You are now in a high position to raise the standard of political leadership. Lead without fighting each other's abortion needs. Lead without stereotyping the other side's mistakes about abortion as typical of them all. Lead without provoking their defensiveness, or getting defensive, by prioritizing resolution of each other's specific abortion needs. Lead with the higher authority of resolved needs.

↑ Takeaway →

Key points for you to take away from this tool

1. Political differences express inflexibly different priorities of needs, so debating polarizes more than persuades.
2. Popular politics tempts us to trust generalizing to deal with our many specific problems of unresolved needs.
3. Political generalizing prioritizes relief from pain than resolving needs that could remove such pain.
4. Politics can either serve as a stumbling block or as a stepping stone to address one another's public facing needs.
5. Cultivate your own political leadership from within, using **Harmony Politics** to break the spell of political elites.

Next steps you can take

SELECT FROM DROPDOWN LIST

I am...

content with learning this

THEN SELECT FROM THIS DROPDOWN LIST

And I am...

And then choose:

ready to share on social media

Share this with your most trusted (and trustworthy) friends. Share the link to the landing page on your social media. Invite their comments. Encourage them to be more specifically responsive to one another's politically generalized needs. In short, spread the love. Click the share link below.

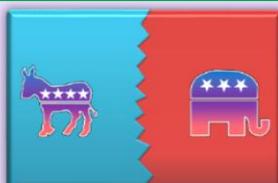
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Click to learn more at <https://www.valuerelating.com>

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