



**I**n Sustaining All Life and United to End Racism we help each other heal the emotional hurts that interfere with thinking about and acting to end environmental degradation. We listen to each other attentively and allow any grief, fear, and other painful emotion to be expressed. When we do this, we tend to think more clearly about the climate crisis and have more courage, stamina, and confidence that we can succeed in our efforts. We are better able to build and strengthen alliances and enjoy working together.

Unreleased, pent-up, feelings of grief, fear, and frustration affect humans in many ways. They tend to interrupt our initiative and dim our hope for the future. They can drain our energy and prevent us from bringing our full intelligence to bear on what is to be done. They can keep us from acting appropriately and effectively—in this case, to end the climate emergency.



Sustaining All Life  
[www.SustainingAllLife.org](http://www.SustainingAllLife.org)



United to End Racism  
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