

Barbara Deming

Quotes

*Thinking, People, Peace, Should, Moving, Men, Determination, Mean, Real,
Nice, Change, Anger, Mind, Needs, Doe, Names, Firsts, Diversity, Judgment Of
Others, Censorship*

The point is to change one's life. The point is not to give some vent to the emotions that have been destroying one; the point is so to act that one can master them now.

~Barbara Deming

Our task, of course, is to transmute the anger that is affliction into the anger that is determination to bring about change. I think, in fact, that one could give that as a definition of revolution.

~Barbara Deming

This is the heart of my argument: We can put more pressure on the antagonist for whom we show human concern.

~Barbara Deming

A liberation movement that is nonviolent sets the oppressor free as well as the oppressed.

~Barbara Deming

Vengeance is not the point; change is. But the trouble is that in most people's minds the thought of victory and the thought of punishing the enemy coincide.

~Barbara Deming

Our own pulse beats in every stranger's throat.

~Barbara Deming

Think first of the action that is right to take, think later about coping with one's fears.

~Barbara Deming

There should be no censorship of mail.

~Barbara Deming

A great many of us must move from words to acts - from words of

dissent to acts of disobedience.

~Barbara Deming

Nonviolent tactics can move into action on our behalf men not naturally inclined to act for us.

~Barbara Deming

Vengeance is not the point: change is.

~Barbara Deming

Punishment cannot heal spirits, can only break them.

~Barbara Deming

We learn best to listen to our own voices if we are listening at the same time to other women-whose stories, for all our differences, turn out, if we listen well, to be our stories also.

~Barbara Deming

People may find it more comfortable to listen to us if we equivocate, but in the long run only words that discomfort them are going to change our situation.

~Barbara Deming

I learned always to trust my own deep sense of what I should do, and not just obediently trust the judgment of others - even others better than I am.

~Barbara Deming

Surely all of us are nerved by one another, catch courage from one another.

~Barbara Deming

Let me be really here, here in this place and this time where I am.

~Barbara Deming

It is one thing to be able to state the price the antagonist paid, another to be able to count you own real gains.

~Barbara Deming

To resort to power one need not be violent, and to speak to conscience one need not be meek.

~Barbara Deming

there is clearly a kind of anger that is healthy. It is the concentration of one's whole being in the determination: this must change.

~Barbara Deming

People who attack others need rationalizations for doing so. We undermine those rationalizations.

~Barbara Deming

We cannot live without our lives

~Barbara Deming

All prisons that have existed in our society to date put people away as no human being should ever be put away.

~Barbara Deming

Nonviolent action does not have to get others to be nice. It can in effect force them to consult their consciences.

~Barbara Deming

The injunction that we should love our neighbors as ourselves means to us equally that we should love ourselves as we love our neighbors.

~Barbara Deming

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