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Good Will-Wisdom Values for All
“Our Highest Civic Ideals”
• Since 1985 •

★ CC-PR-TT™ ★

★ *THE STAR ALLIANCE* ★

*CREATIVE CONFLICT PREVENTION,
RESOLUTION, & TRANSFORMATION
TECHNIQUE™*

AKA

The Argument Disarmament Technique!

★ *A First-Step-Direction-Check™* ★

Toward Good Will ★ Wisdom Values

— And Better Outcomes for All! —

INTRODUCTION

A degree of conflict is a natural part of life. Differing interests, tastes, cultures — and the endless practical predicaments that life offers — are both benefit and price of living in diverse societies: from families of origin to the magnificent variety of our whole human race — on our common, planetary home: Earth.

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We all know that low-level conflicts are experienced frequently among families and members of natural affinity groups, even. But intense conflicts — especially those that remain un-peacefully resolved — can lead to serious and lasting damage and alienation. Whether personal or cultural, lasting conflicts can produce tragic losses for generations. Any lasting conflict is unhealthy, almost by definition; unsafe and costly, undesirable; destructive of quality of life and happiness for immediate participants and the whole body of society.

There is hope, however. When well-managed — when resolved with skill and good will, honesty, integrity, creativity, patience, and preferably calm — when *allowed* by all parties, ethically and skillfully to *transform*; a disagreement or conflict can actually become a powerful engine for creative growth. Then it becomes a stimulus toward healthy, productive, *sustainable* relationships and societies for all. From families to globe, *We, the People of Earth*, need more of this style of creative conflict prevention and resolution, right now and continuing.

Holding the intention of *Holistic Good Will*: literally, *wishing and willing for good outcomes (preferably for everyone)* — is a key element that helps define and generate greater assumption of appropriate responsibilities by each party. It also helps stimulate the *perception of self-interest* in fair, lasting resolution and appropriate forgiveness — both key elements of transformation.

For good will to be sustainable — and to optimize productive results — a whole set of values *related* to good will must also be learned (or recalled), honored, and practiced consistently, or this good will can easily be lost.

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Please refer to The STAR ALLIANCE *Declaration of Highest Civic Ideals*. This great effort, intended for all members of humanity, ultimately, is presented as a series of documents — layered in length. Currently there are four editions for adults and two for children — along with ten similarly “layered” Pledges and added support materials. Most documents are posted at our website: www.STARALLIANCE.org.

With learning, frequent review, and *commitment* to the principles and attitudes represented by these documents — and under the right conditions (Please read on.) — many uncomfortable situations can successfully be transformed to positive ends. To aid this process: First try including as many relevant parties as possible in reviewing and discussing, if necessary, the positive principles. Following that: The details of the conflict will be resolved more easily.

Most especially, try *not* to *exclude* from the discussion — or unduly “label” and pre-judge the very subject or subjects of controversy! Unfortunately, this mistake is often made. It encourages isolation of individuals and factions and at worst: creates potentially endless speculation, gossip, delays, and social fracture, which can culminate in tragic violence and dreadful, ongoing damages; even to the point of the despicable, highly-organized, sustained violence we call “war.”

Once the parties are assembled, plan ahead to recite the *First-Step-Direction-Check “CCPRTT” — The STAR ALLIANCE Creative, Conflict Prevention, Resolution, & Transformation Technique*, starting on page 7 (Brief version), and page 12 (Expanded).

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IMPORTANT PRECAUTIONS

I: Skillful words can be hardest to remember when you need them most. After all: Conflicts are conflictual! Under the pressure of an intense disagreement, it is very easy to get flustered or otherwise upset and forget everything you carefully prepared for! Therefore: It is wise to keep the exact words of the *CCRTT* handy in your mobile device, wallet, or purse.

Practice ahead of time, and try to memorize the words *off conflict* if you can. • If all else fails, try just reminding yourself and everyone else: “PLEASE LET’S ALL TRY TO KEEP OUR GOOD WILL HIGH!”

II: If ANY drugs, alcohol, or marked fatigue are present within any party, please realize and acknowledge that these factors are quite literally *mind-altering* — by their very nature. So, if any of these mental inhibitors are present, please wait for another day.

This may seem difficult, but the more important the issue, the more important to approach the resolution process correctly. In the end, a reasonable measure of wise delay will likely be well worth it.

Meantime, if possible: Put a safe and healthy distance between yourself and the other conflicted parties. If you are confined to the same home or office, give each other permission to separate and try to literally and figuratively “close the door,” with minimum rancor, until conditions improve.

People who are fatigued or especially *under-the-influence* often *feel* they are capable of thinking and acting clearly. They may sincerely *believe* they have all their faculties about them. But in reality, they do

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not. Yet as critical a point as this is, many people seem to have a hard time “*getting*” or *accepting and remembering* this crucial fact fully.

Meanwhile, an *illusion* of normality — in their minds (or the minds of the uninformed and/or naive) — wastes precious time and exposes everyone involved to various dangers. The *illusion* of normality does great damage when people are trying to understand and resolve serious and complex issues. People under the influence can at times “argue up a storm!” But chances are, a day later, they may not even remember many important details, much less follow through on promises.

Sloppy perceptions and thinking, exaggerated emotions, speech, and actions can all be caused by fatigue, alcohol, and drugs, with great consequential hurts. Especially vulnerable are children and other innocents or less experienced people. The sometimes beneficial effects of substances should not be mixed up with efforts to resolve specific points of conflict, when precision and detail are of the utmost importance.

So: If necessary: Delay wisely. Rest. Walk. Eat fresh food. *Transcend* the problem for a while with sleep and meditation. (Please see endnotes #2 for a great recommended technique.)

Encourage all other parties to do the same. And consider getting outside help. If possible, employ all of the above.

III: *Disclaimer.* The CCRTT technique, including these contextual cautions, will be a big help when properly practiced. But they are not a panacea or guaranteed to work. We must always respect *Murphy’s Law*. (Please see more at *Public Warnings*, on our website.) Nevertheless: Approached with sincerity and shared with all parties, the STAR ALLIANCE approach is almost certain to *help*. The

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fundamental ideas and direction are extremely valuable — especially when great consequences hang in the balance.

OTHER TIPS

1) Witnesses. Responsive, attentive, neutral third parties and/or recording devices can help a lot when attempting to resolve a conflict. Good *witness factors* can help lower the mental temperature. They tend to put everyone on notice for better behaviors, accountability to facts, rules, promises, etc..

2) Taking notes. During an intense discussion, it can be very helpful to take *notes* rather than cutting off other the party(ies), who may need to express pent-up emotions and information in order to listen effectively to *your* points! Therefore, it is often better to wait until others have spoken fairly fully in the flow of the conversation. Then, when they are “done” and feel expressed and “heard;” the intensity of energy will typically subside — sometimes a lot! Their

receptivity will also naturally rise. That can be the best time to refer to your notes and take your turn.

3) Fair-minded *mediators* can help balance things out a great deal, too. One or more can give give opposing views adequate *airtime*, so to speak. There is a geometry to this. Two vectors, or directions of forceful energy, facing each other on a line, are bound to “pressurize” the limited space between them, sometimes explosively. A third party literally spreads out the directions of attention and energy into a triangular space, reducing the pressure on each point and adding to the chances for maintaining or quickly restoring greater calm and resolving things successfully.

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4) Emotional and mental health issues are very important to everybody and must be respected, along with habits of moral integrity and people’s practical economic circumstances. All these must be taken into account in assessing the *ability* of each party to carry out their *responsibilities*, before, during, and after the discussion; and their ability to follow through on promises made.

5) If a heated or otherwise difficult discussion has already begun, you may have to watch for an opportune moment to “jump in” and introduce the following technique.

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★ CCRTT™ ★

• **Creative Conflict Resolution & Transformation Technique** •

AKA

The Argument Disarmament Technique™

***First-Step-Direction-Check™ for Good Will - Wisdom Values
And Enhanced Success for All Parties***

[Please also see: Expanded Version on Page 8.]

When you want to resolve a conflict peacefully, yet feel an explosive moment might come on fast (As they often do when conflicted parties get together and start communicating at last) — or perhaps you are already involved in an argument; IF both or *all* parties are 100% sober, and preferably not too tired — then ask first for a few moments of patient silence.

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Encourage both sides to take a few deep breaths without talking; to leave the details of the disagreement or argument aside long enough to read or recite the following phrases together at a stately pace, in the most sincere and hopeful — even cheerful manner possible.

***Excuse me! Excuse me!... Before we continue...
Could we please first agree to proceed on the basis of Self-
and-Mutual Re-spect* and Good Will*****

* Respect: Meaning literally: To look back at one another; look again (perhaps more closely.) ** Good Will = *Willing for Good*. In its pure form, this attitude can be unbound from specific details.

***[Then Continue]: Let's try Communicating,
Honestly and Calmly together. Let's try really Listening
to each other with Patience — so that together we can
generate Mutual Under-Standing*, for intelligent Co-
Operation, toward the Fairest and best possible Creative
solutions and Outcomes for each and all of us? OK???***

[*Under-standing = literally: To achieve something solid and
reliable... under where we are standing (together.)]

**NOW: STOP TALKING, AND PATIENTLY WAIT FOR AN ANSWER
FROM EACH PARTY!**

DO NOT BE AFRAID OF SILENCE AT THIS GOLDEN MOMENT!

**• IF AND WHEN EACH PARTICIPANT CAN ANSWER YES!
— AND REALLY MEAN IT — THEN CONTINUE...**

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...on the vital basis of this refreshed attitude and the agreed values and principles.

Discuss everything as calmly as possible toward the goal of lasting mutual harmony and success. A new agreement will support genuinely greater, more *sustainable* peace, love, and happiness — providing all the appropriate and promised *duties* are upheld by each and all of the parties (to their best abilities — perhaps with extra support required to do so, which should also be foreseen, acknowledged, and agreed.)

SUSTAINABLE PEACE & LOVE DEFINED

Please note that in our STAR ALLIANCE approach to civic values, peace and love are defined as “doing one’s best — in commitment to all the declared principles or *Highest Civic Ideals* — to actually *practice* them, with due consistency and flexibility, in best balance and proportion to each practical life situation.

This is a big task for anyone, and typically requires the added element of teamwork and solidarity among family members, education teachers and institutions, businesses, and social teams, not to mention the entire “social atmosphere.”

IF ANYONE SAYS “NO” TO THE KEY RECITAL ABOVE

...Or, if there are obviously unfair or otherwise inappropriately coercive circumstances* present — then try to take a refreshing break. Get outside help, refine the agreement/s, if necessary, and try your genuine best to “GET TO YES!” as the famous book title, *Getting to Yes*.

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implies. (*These, of course, can manifest in different ways for different parties.)

Both or all parties should request third-party assistance, if needed, without undue delay or any sense of shame. Yet try not to lose too much momentum in the process. By all means: *Re-schedule!* Don't give up! Try not to let an important issue just fade into the background again, unresolved, because it will probably pop up again later, unplanned, and quite possibly worse. That is not to say that time in-between cannot be very helpful. But not to excess!

Try again soon, in the spirit of that great old *Beatles'* song — *We Can Work It Out!*



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Meanwhile: Pat yourselves on the back, even if nobody else will. It is already a big step of success simply for the parties to *acknowledge a conflict, directly and straightforwardly together*, and start the process of resolution.

Go for the whole of our *Highest Civic Ideals* applied to your specific situation. Try to get everyone involved in clearing away past mistakes and making way for lasting progress and joy with genuine, fulfilling, *sustainable peace and love, through responsible* freedoms, creativity, productivity, growing prosperity, and with all that: *Greater Happiness for All!*

• IMPORTANT •
Please see the two Endnotes below.

* * * * *

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★ ENDNOTE 1 ★ CCRT TECHNIQUE ★ EXPANDED ★

Excuse me! Excuse me! ... Before we continue: ...
Can we please all agree to aim at some key *Points of Value*
— *Civic Principles and Ideals* we can hold in common
together while we discuss our differences?

Let's agree first to aim at:

• Holistic, self-and-mutual Respect and Good Will •
Rested, clear, calm, steady Awareness • Humility: [Hey! Let's all
admit we can probably *learn* something from each other here,
and find ways to improve ourselves!] • Courage • To be Honest &
full of Integrity — despite or especially *because of* this conflict
we're experiencing!

• Fairness • Responsibility for Our Freedoms • Appropriate
Empathy and Compassion • Nonviolent, Peaceful Behavior •
Mutual Protections • Constructive, Productive, Restorative
Justice • Appropriate Forgiveness • & Especially: Providing for
the Needs of innocent children, people living with a disability, and
for Our Own Basic Needs!

If we can really agree on *these* points of principle and goals first
— then we'll have a much better, more pleasant, and *easier* time
of resolving this whole thing! *Right?*

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***Let’s Communicate, Cooperate, and Celebrate™
With Good Will & Integrity — for Responsible Freedoms,
Creativity, and Common Goals!
OK???***

***[Based on Yes or No responses,
please continue as suggested above.]***

* * * * *

[Please see Endnote 2, next page.]

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★ ENDNOTE 2 ★

★ THE TRANSCENDENTAL MEDITATION TECHNIQUE ★

Regular practice of the Transcendental Meditation technique can provide remarkable refreshment for mind, body, and the social environment. It follows that TM helps prevent and dissolve conflictual energies!

The T.M. technique is by far the most *evidence-based* meditation method currently known. Ancient in origin, it has accumulated an outstanding body of scientific research results over a span of more than fifty years. It facilitates *profound* conscious rest at will, helping spontaneously and naturally prevent and dissolve brain and bodily abnormalities daily, while stimulating and enhancing creative cognition and energy.

THE ORIGINAL STAR ALLIANCE recommends that everyone, ideally, should have easy access to learning and practicing the Transcendental Meditation®, “T.M.” technique, with corporate and government support wherever possible, and as soon as possible. Information about this scientifically validated technique is offered publicly (and independently) online at <http://www.tm.org>.

It should be obvious to readers by now that the STAR ALLIANCE approach to promoting principles and attitudes of good social behavior is also very important.

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STAR ALLIANCE believes that its approach and the T.M. technique, although different, are highly complementary for social improvement, and that employed together, they will be far more powerful than either alone. Individuals, and educational, business, and health care institutions and government agencies are all strongly encouraged to take note and act accordingly. These programs will strongly advantage school and college studies, crime prevention, rehabilitation, law enforcement, public health, and defense.

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