

Forces that erode versus forces that build collective solidarity

⚠️ ENEMIES OF RELATIONAL WELLBEING

IDEOLOGICAL FORCES

💰 Neoliberalism & Hyper-Individualism

Dissolves social solidarity in favor of private property, personal responsibility, and competition

🏆 Meritocracy Myths

"You earned everything yourself" - denial of collective support and structural advantages

🏭 Extractivism



VS



✨ BUILDERS OF RELATIONAL WELLBEING

AFRICAN WISDOM

💛 Ubuntu

"I am because we are" - humanity through compassionate relationships

👥 Ujamaa

Familyhood - collective economics and communal living

💪 Harambee

"Pulling together" for communal progress

Treating relationships and nature as resources to exploit rather than connections to nurture

SOCIAL BREAKDOWN

💔 Erosion of Trust

Mistrust corroding the foundation of mutual aid and cohesive bonds

🧩 Atomization & Fragmentation

Breakdown of relational structures, declining participation, loss of shared spaces

💰 Commodification of Relationships

Transactional thinking replacing reciprocity; "What's in it for me?"

ECONOMIC VIOLENCE

📉 Austerity & Manufactured Scarcity

Defunding public services, creating precarity that prevents helping others

⚖️ Inequality & Segregation

Wealth concentration, spatial separation, gated communities, unequal access

🏃 Competition Over Cooperation

🔗 Biakoye

Unity, reconciliation, collective responsibility

ASIAN PHILOSOPHY

🇵🇭 Kapwa

Shared inner self - recognizing shared identity and empathy

🌐 Vasudhaiva Kutumbakam

"The world is one family" - interconnectedness of all

🔨 Gotong Royong

Mutual assistance for shared goals

🏠 Tình Làng Nghĩa Xóm

Deep affection and obligation between neighbors

🌸 Cor Chee

Web of reciprocal support and communal spirit

INDIGENOUS AMERICAS

🏞️ Mink'a

Zero-sum mentality, scarcity mindset, winner-takes-all systems

CULTURAL POISONS

Fear & Othering

Xenophobia, scapegoating, "us vs. them" narratives, moral panic

Shame & Stigma

Stigmatizing need for help, individualized blame for systemic problems

Narcissism & Ego-Centrism

"Grind" culture, self-optimization over solidarity, performative care

MODERN THREATS

Digital Disconnection

Social media replacing face-to-face relationships, algorithm-driven isolation

Time Scarcity & Acceleration

Always-on work culture, no time for relational participation

Authoritarianism

Communal labor benefiting the entire community

Sumak Kawsay

"Good Living" - collective wellbeing and harmony with nature

Buen Vivir

Living well together over Western development

Bien Común

Common good through community action

EUROPEAN TRADITIONS

Omenie

"Human-ness" - kindness and shared humanity

CORE VALUES

Collective Wellbeing

Prioritizing "we" over "me" in decision-making

Reciprocity

Non-transactional mutual support and care

Interdependence

Suppression of organizing, criminalization of mutual aid, surveillance

Recognizing our deep connections with each other and nature