How to heal your moral wounds ...

And preserve your integrity and happiness
How morally wounded are you?
Tomáš Kvěšák
Tomáš Kriššák - Slovak Troll hunter
How to become a public enemy?
With a conversation?
With a conversation? Kind of ...
I won't talk to you, you would think I am racist.
I won't talk to you, you would think I am racist.

1. Well if you say so ... there must be something right about that.
2. Thats ok, I can go talk to someone else.
3. Lets give it a shot, I bet it won't be that bad.
I won't talk to you, you would think I am racist.

3. Let's give it a shot, I bet it won't be that bad.

BUT IT WAS!
A year later, the girl was back. With a video.
How should I have reacted?

1. De-escalate
2. Smear her with hate
3. Call for investigation
How should I have reacted?

1. De-escalate
How should I have reacted?

1. De-escalate

But even that did not help :(
Me? A public enemy? That escalated quickly...
What to do now?

1. Wait it through
2. Delete all your accounts and exile yourself from the internet for good
3. Reply to all of your haters
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„Za toto video voči nej musí byť uskutočnené vyšetrovanie a bude musieť niест’ zodpovednosť za následky svojich činov."

Tomáš Kriššák zo Sorošovej Nadácie otvorenej spoločnosti.
What does the story mean to you?

Do you have similar experience?
What would you do differently?
How did I preserve my sanity to this point?
OVERCOME FEAR ... WITH DUNE.
1. Preserve your well being.

Understand who you are, control yourself not your environment.
2. Preserve your cool

Be objective to yourself and remain open (and respectful) to the subjectivity of situation of others.

Soren Kierkegaard

Most people are subjective toward themselves and objective toward all others, frightfully objective sometimes—but the task is precisely to be objective toward oneself and subjective toward all others.
3. Do not fight - learn and train ZEN -FU

Help others explore and understand their objectivity, rather than confront differences in realm of subjectivity.
Scene: You end up arguing on the internet with a troll. Will you know how to ZEN-FU?
4. Lead by an example - create or join a community

Be an example, others can follow, live by your principles and make others aware of them - lead with empathy.
5. Have a balanced and healthy mental diet

We are what we eat, and we are what we think. What we think is the result of what we let into our mind and our brain.
Exercise: think about your agenda and these five pillars and create a short draft for strategy, where this approach would be used. Present what would be the risk?
Have HOPE ... and FUN. (projekthope.sk)