

<p>Spiritual used well</p> <ul style="list-style-type: none"> Community Chaplain programs Perspective / humility Allow NVC Compassion 	<p>Spiritual not used well</p> <ul style="list-style-type: none"> Culty / guruy stuff Spiritual bypassing Abuse God said no gays 	<p>Social / Structural used well</p> <ul style="list-style-type: none"> Rewarding achievements Advocacy Charity Mentoring / support Accessible education, development opportunities Social services & systems Modelling best practices Deconstructing hierarchy – going with collective models 	<p>Social / Structural not used well</p> <ul style="list-style-type: none"> Building buildings that are not accessible Bullying Raping mother earth Capitalism, generally. 😊 Unyielding, inflexible structures All the ‘phobias
<p>Psychological used well</p> <ul style="list-style-type: none"> Compassion Accessible mental health care Being a good shoulder Creating safer spaces Holding space Developing self awareness Parenting / teaching Workshops Challenging Calling out / calling in 	<p>Psychological not used well</p> <ul style="list-style-type: none"> Bullying Gaslighting Manipulation DSM Gatekeeping Dominating / controlling conversation Calling out 	<p>Physical used well</p> <ul style="list-style-type: none"> Helping someone cross the road Getting things off tall shelves and opening jars Sharing how to use power tools Sharing beauty and presentation tips Avoiding getting caught up in beauty / muscle etc. 	<p>Physical not used well</p> <ul style="list-style-type: none"> Physically assaulting people Body shaming Bullying