

XR PSYCHOLOGISTS

We acknowledge the DENIAL and DESPAIR
We need radical ACTION
Action brings HOPE



#FEELTHEFEELINGS
#TELLTHETRUTH
#ACTNOW



extinction
rebellion

Contact us at: xrpsychologists@gmail.com

XR Psychologists (UK) include a range of academic & practitioner psychologists

FEEL, THINK, ACT TOGETHER

“There is no more urgent call in the world today than coming together with our fellow citizens to tackle the climate and environmental emergency”.

*Wainwright and Mitchell,
Clinical Psychology Forum, August 2020*

FEEL: our strong emotions are vital. They impel us to change and adapt in the face of danger. But when threats are terrifying, sometimes we avoid, deny or despair.

Our fears can stop us from knowing the truth.

Our fears can also point us to what is important.

THINK: when we face our feelings honestly, we are more able to think well, and to picture and plan for the future we all need.



ACT TOGETHER: through encouraging one another, together we can shape a good future for all: “just one small step...”

Once we take even the smallest step, we start to recover our sense of effectiveness and power, and our spirits lift:

“Once we start to act, hope is everywhere”
(Greta Thunberg)

VISION:

Together we can create a new story about what matters most. We are happiest and healthiest when we can live lives that are kind and fair, with leaders who inspire trust and connectedness. We can visualise a world in which everyone, everywhere, has all they need to live a satisfying life. Recent history shows change is possible!

STAND TOGETHER. BE THE CHANGE. FIND YOUR GROUP. START SOMEWHERE!

<https://extinctionrebellion.uk/act-now/local-groups/>

<https://extinctionrebellion.uk/act-now/resources/communities/community-groups/>

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