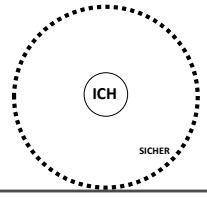
Handlungs-Möglichkeiten

unter Belastung

HELMUT JÄGER,
23.02.2026

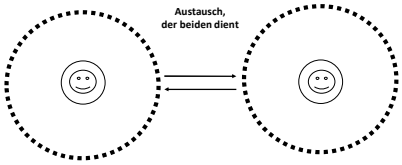
Umfeld



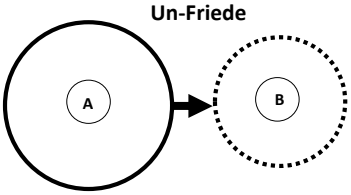
Umfeld

Friede

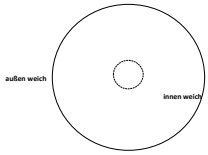
Austausch,
der beiden dient



Un-Friede

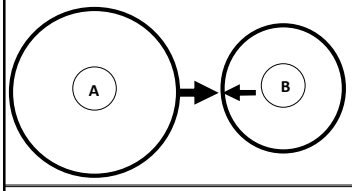


Möglichkeit (1)
Kollaps, Zusammenbruch, Unterwerfung

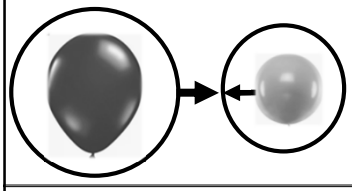


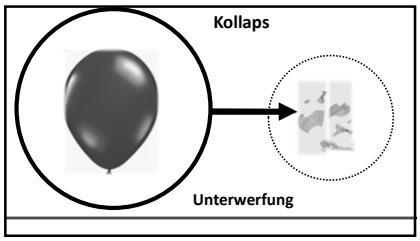
Möglichkeit (2)
Schließen, Angreifen, Fliehen

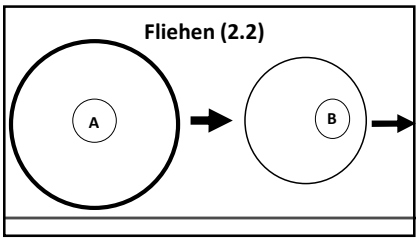
GEGEN … (2.1)

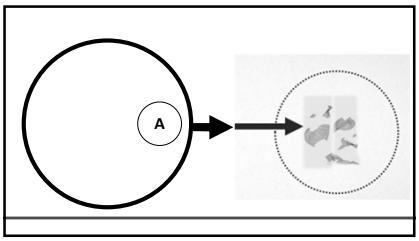


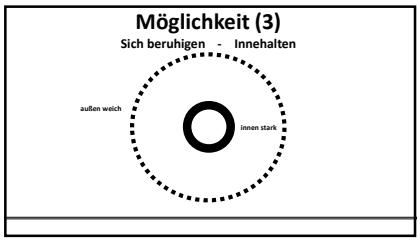
GEGEN … (2.1)

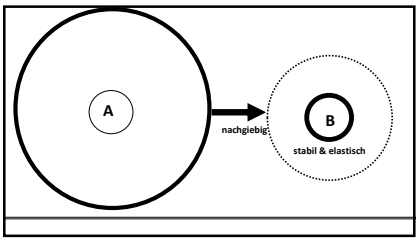


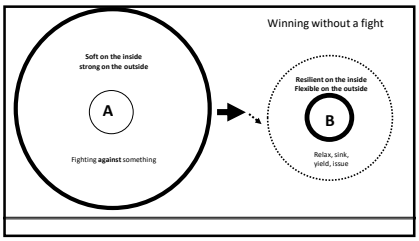

Kollaps
Unterwerfung

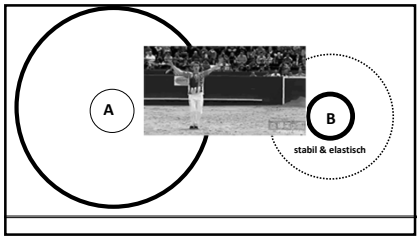

Fliehen (2.2)
A
B

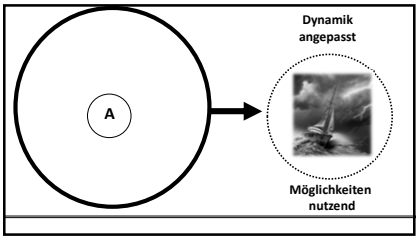

A

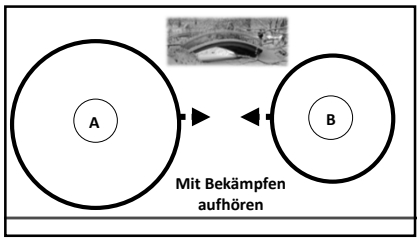

Möglichkeit (3)
Sich beruhigen - Innehalten
außen weich
innen stark

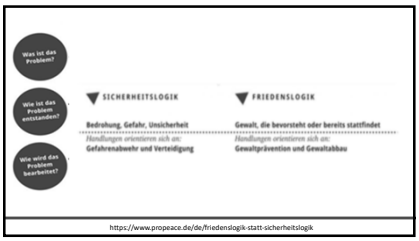

A
nachgiebig
B
stabil & elastisch


Winning without a fight
Soft on the inside
strong on the outside
A
Fighting against something
Resilient on the inside
Flexible on the outside
B
Relax, sink,
yield, issue


A
B
stabil & elastisch


Dynamik
angepasst
A
Möglichkeiten
nutzend


A
B
Mit Bekämpfen aufhören


Was ist das Problem?
Wie ist das Problem entstanden?
Wie wird das Problem bearbeitet?
SICHERHEITSLOGIK
FRIEDENSLOGIK
Bedrohung, Gefahr, Unsicherheit
Gewalt, die bevorsteht oder bereits stattfindet
Handlungen orientieren sich an:
Handlungen orientieren sich an:
Gefahrenabwehr und Verteidigung
Gewaltprävention und Gewaltabbau
https://www.propeace.de/de/friedenslogik-statt-sicherheitslogik