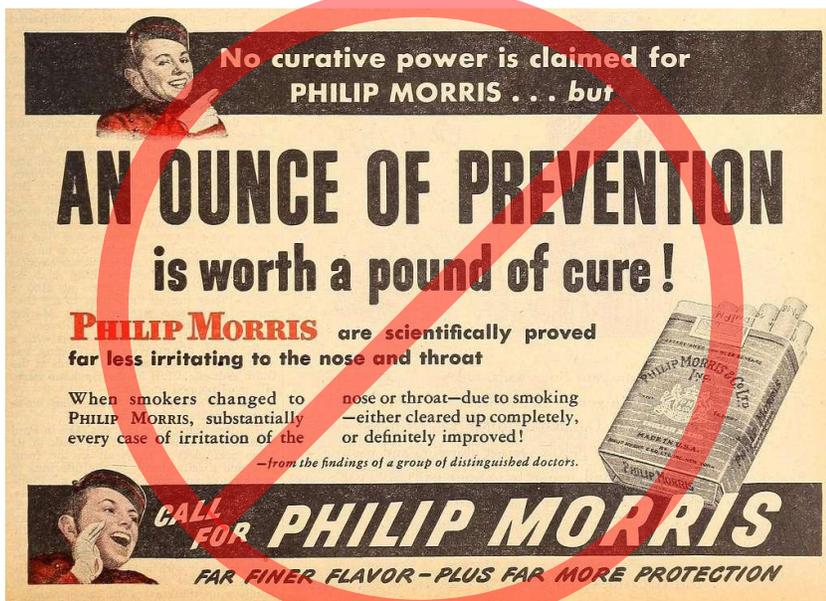


## 1. We were tricked! Now we know.

Many of us have been at least partially tricked into helping create human-caused Climate Change, and it's very understandable. Everyone alive today was born into a world already infused with fossil fuels. If we were aliens from another planet, flying over to check out Earth for the first time, we'd see that the people are:

- A. Sucking up very old, liquified fossil fuels
- B. Burning them to power their lives
- C. Knowing that doing so is mortally dangerous to them.

Since we were born into a society already doing these strange things, it feels normal to many of us.



Smoking cigarettes used to feel normal, even healthy, to many. Eventually, though, cigarette companies were charged with racketeering because people in the cigarette industry knew cigarettes caused cancer, but they purposely denied and confused the information for years.

[Oil companies](#) have been doing similar things since the 1950s – denying and obfuscating information about pollution's full relevance to climate change.

Figure 1 This is a vintage Philip Morris cigarette ad claiming their cigarettes are less irritating to the nose and throat, featuring a smiling bellhop mascot and a cigarette pack.

I'm a therapist. When working on my own self-development, or working with someone who's been tricked or heavily influenced into hurting themselves or others, I try to:

- Reassure people that they're in good company.
- Remind people that huge, powerful systems influence a lot of life choices, but we still have power.
- Explore what's blocking people from making good changes, **now that they know**.
- Collaborate on ways to make good changes.

**What can you do about climate change? Enjoy the ideas that work for you. Leave the rest. Ask the wisest parts of yourself: What's my next good step?**

**Register for and attend** the “Caring Climate Futures” workshop at the Student Counselling Centre Wed Oct 8<sup>th</sup>, 3:00 led by myself and Ale, a UM master’s student and activist who will be co-facilitating the workshop. You’ll be invited to co-imagine a greener, more awesome future. Register by emailing [lisa.martens@umanitoba.ca](mailto:lisa.martens@umanitoba.ca) or phoning the SCC reception at (204) 474-8592.

**Look into your heart:** How can you help offer compassion to yourself and others?

**Do things good for interconnected life:**

If you’re in charge of buying your own food, buy some of it at [a local farmer’s market](#) this month. The farmer’s market closest to me has live music, great food trucks, locally grown vegetables, and good info booths.

**Send Love outward:** Send a note of thanks – or a donation of money or time - to people or organizations doing excellent work to protect our shared world, for example,



Figure 2 "Salad composée" by WordRidden is licensed under CC BY 2.0."

[Canadian Red Cross](#) - supporting people in Manitoba displaced by wildfires.

[Indigenous Climate Action](#) - an Indigenous-led organization that advances climate justice by centering Indigenous sovereignty, knowledge systems, and community-driven solutions.

[David Suzuki Foundation](#) - a science-based Canadian non-profit that works to protect nature and promote sustainability through research, education, and policy advocacy.

**Build community, maintain and build good relationships:** Act in trustworthy and kind ways because that’s the kind of person you are, and also with reciprocity in mind; People who like you will be more likely to help you and your loved ones if you ever need help in climate-related emergencies.

Many are already living through climate catastrophes. David Suzuki, who I have always thought of as speaking about environmental concerns in hopeful ways, is now warning [about dangerous climate consequences](#) for all of us.

If you needed an extra reason to form good relationships, you’ve got it.

**Quote corner**

*“If you would like to be selfish, you should do it in a very intelligent way. The stupid way to be selfish is ... seeking happiness for ourselves alone. ... the intelligent way to be selfish is to work for the welfare of others.”*

– The Dalai Lama

Tune in next time for Chapter 2: The *reasons* most of us participated were awesome. Titrate your Guilt.

### Sources

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[Tobacco and Oil Industries Used Same Researchers to Sway Public | Scientific American](#)

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[Indigenous Climate Action](#)

[Home - David Suzuki Foundation](#)

[‘It’s too late’: David Suzuki says the fight against climate change is lost - iPolitics](#)