

Handbook for Taking Action: Understanding and Resisting the Current Political Landscape

by Alexandria Ocasio-Cortez

Editor's note: this manuscript was derived solely from Representative Alexandria Ocasio-Cortez's Instagram Live, accessed via her official YouTube channel. The original video is here:

<https://www.youtube.com/watch?v=CVgNJf6CsBA>

I downloaded the video, transcribed its contents with the Whisper Automatic Speech Recognition model, and then formatted the transcript using Google Gemini.

Christopher Penn, February 5, 2025

Introduction: You Are Not Alone (And You Are Powerful)

Are you watching the news right now and feeling overwhelmed? Feeling overwhelmed by the constant headlines, all the developments, everything that's happening? Federal government changes over here, ICE raids, plane crashes, Elon Musk raiding the federal government and the Treasury - it's a lot. If you are feeling so overwhelmed, **first of all, know that you are not alone.**

And second of all, you need to know something else: **that is exactly what this administration is trying to get you to feel.** They are trying to get people to feel paralyzed.

"It is so easy and it's natural when you see all of the government, all of this stuff falling apart to get paralyzed because all of it is so overwhelming and you don't know what to do about it."

But understand this:

- **Paralysis is the point.** They are trying to induce a state of passivity among the general public.
- **Shock is the goal.** They want you in shock so you don't act.

So, what's the very first thing you need to do? It might sound simple, but it's crucial:

- **Self-Regulate. Take a Breath.**

"It is of personal importance for you, and it is also of political importance to take a breath."

Now, taking a breath does *not* mean:

- Get apathetic.
- Forget about what's happening.

- Just do nothing.

Instead, taking a breath means this:

"It just means take a breath because we are about to lock in and focus."

Because here's the truth: as one person, you can't fix everything at once. You are not going to be able to:

- Appoint a new FAA administrator that Elon Musk forced out.
- Tackle the FAA crisis.
- Tackle the OPM crisis.
- Tackle ICE.
- Tackle immigration.
- Tackle criminal justice.

Trying to do *all* of that at once? It *is* overwhelming. And that's okay. Because the answer is this:

- **Divide and Conquer. Just like *they* do, we can too.**

Instead of trying to solve every single crisis by yourself, the key is to:

- **Pick some of the things.** Focus your energy.
- **Trust in mass mobilization.** Believe that when we come together, we *will* address these issues.
- **Do what you can.**

And remember this, it's vital:

"You do what you can and what you can do is enough."

That's principle number two. So take that breath. We're going to break things down, figure out what's going on, and most importantly, figure out what *you* can do to make a real difference. We're going to lock in, and we are going to mobilize.

Part 1: What's Happening? Understanding the Landscape

1.1 The Players and Their Roles

It's crucial to understand that what we're seeing isn't just about one person. It's not just about Donald Trump acting alone. We need to look beyond just one figure and see the network behind these actions.

- **Beyond Trump: It's About Who Stood Behind Him.**

Remember Inauguration Day? Who you saw standing behind Donald Trump then? That *mattered*.

"The people who stood behind Donald Trump at his inauguration are some of the people that are playing a major role in upholding and supporting what is going on."

We need to know who these folks are, because they are the ones who are responsible. Think back to who was there on that day:

- **Billionaires.** "He had a couple, several billionaires standing behind him."
- Elon Musk
- Jeff Bezos
- Mark Zuckerberg
- **CEOs of Major Corporations.** "You also had the head, the same CEOs of major corporations like TikTok and Apple, etc."
- **Strategic Players, Each With a Role.**

These aren't just random individuals. They are acting strategically, just like we need to. They are also using a "divide and conquer" strategy, each playing their own part to support what's happening.

"The way that they're playing their own role, we can each be playing our own role."

- **The Strategy: Raiding the Government for Profit.**

What is the core of what they are doing? It's about power, yes, but it's also fundamentally about money. Donald Trump has, in many ways, handed over power to people like Elon Musk.

"What Donald Trump has done is that he has completely given up his power and handed a lot of it over to Elon Musk."

And what is Musk doing with that power? He's appointing people, sometimes teenagers, sometimes people in their early 20s, to positions where they are:

- "Essentially trying to raid federal government systems."
- Potentially accessing "sensitive and classified information."
- For example, at the "U.S. Department of Treasury."

Their actions are broad and sweeping, targeting key areas of the federal government:

- **U.S. Department of Treasury:** "They're going for the money first."
- **Office of Personnel Management (OPM):** "They're going after people." (OPM manages federal career employees)
- **Federal Aviation Administration (FAA):** Musk pressured the administration to dismiss the FAA administrator.
- **USAID:** Musk has talked about dismantling USAID.

Their initial actions are designed to create maximum disruption and seize control:

- **Freezing Federal Programs:** "Freezing federal programs, freezing federal financing."
- **Targeting Career Professionals:** "Firing career level federal employees." These are the experts who run vital government functions, not political appointees.
- **Data Access and Potential Theft:** "We are also hearing preliminary reports that they are potentially stealing that data and downloading it for private use."
- **The Human Cost: Real-World Impacts.**

This isn't just about abstract political power games. These actions have real consequences for real people. When they mess with these systems, it's not just bureaucracy, it impacts lives.

- **Data Security:** The risk of sensitive data being stolen and used for private gain is "alarming."
- **Disruption of Essential Services:** Gutting career professionals and freezing programs threatens critical services that people rely on every day. Think:
 - Medicare payments
 - Social Security checks
 - Scientific research for cures
 - National energy systems
 - Air traffic control - and the safety of air travel.
- **Increased Risk of Accidents:** The dismissal of the FAA administrator and the pressure on air traffic controllers directly impact air safety, as evidenced by the recent plane crash.

"When we mess with federal government systems, lives are at stake."

This is why we need to understand what's happening, who is behind it, and why it matters so deeply.

1.2 Why Is This Happening? Following the Money

There's a really important deadline looming in the federal government, and once you understand this, a lot of the chaos starts to make sense.

- **The 2025 Deadline: Tax Cuts for the Wealthy Are Expiring.**

Back in 2017, remember what happened? "Donald Trump and the Republican Party forced through one of the largest tax giveaways to the rich in modern American history." We're talking about:

- "Grotesque levels of tax cuts."
- Tax breaks on "yachts and private jets."
- "Some of the most broad-based tax cuts for the rich and the 1% in this country that we have ever seen, ever seen."

These tax cuts weren't permanent. They had a "sunset period," and guess what? "That sunset period occurs in 2025. 2025." That's *this* year.

All those tax cuts that billionaires and millionaires have been "just getting high off the hog on" for years? They are "now about to run dry."

- **Motivation: Extend and Expand the Tax Cuts.**

What do they want to do now? "Their task is to extend these tax cuts." And it's not just about keeping them as they are. Elon Musk and his billionaire buddies want even *more*.

"What Elon Musk wants is for these tax cuts to not only be extended, but to apply to him in a larger way than ever before so that he can amass even more money than ever before."

- **The \$4 Trillion Question: How to Pay for *Their* Tax Cuts?**

Here's the problem for them. "They have a little wrinkle in extending some of these massive structural giveaways to the wealthiest people in this country. And the problem is that they have to pay for it. They have to pay for it."

These tax cuts aren't cheap. "These tax cuts are to the tune, the cost of these tax cuts are to the tune of about \$4 trillion. \$4 trillion."

So, if they're going to keep giving massive tax breaks to the richest people, and they *don't* want to tax those same rich people to pay for it, where does that money come from? There are really only a few ways they can try to square this circle. And none of them are good for everyday people.

They have basically three options they're looking at:

- **Tax the Rest of Us (Even More).** "One is that you tax the poor and you tax the working class and you tax the middle class." Believe it or not, "they are proposing" raising *your* taxes. And it's not just a little bit. "Actually the more, the further below, that number you make, the more your taxes are going to go up by." They want to raise taxes on people making \$28,000 *more* than on people making \$150,000. Think about that for a second.

But even raising taxes on working people isn't going to cover \$4 trillion. "It may make up a small bit, but it doesn't make up the difference. Four trillion dollars, you are not going to make that by taxing people who make \$20,000 a year a little bit more. It doesn't make it up. Math doesn't square."

- **Massive Program Cuts.** "The second thing that they're going to go after are massive programming cuts." They are planning to gut essential services that *you* rely on.
- **"Waste" (aka, a Lie).** "And the third thing that they propose is cutting waste." They talk a big game about "government waste," but it's a distraction.

"First and foremost, understand that there is already in a federal agency who is a watchdog on waste in the United States. That is known as the government accountability office."

They act like they've discovered some brand new idea, but it's a smokescreen. And guess what they *won't* call "waste"?

- "Defense spending." "One of the biggest areas of federal expenditure and waste that we see." The Pentagon can't even pass an audit, but they're not going to touch *that*. Because guess who profits from defense spending? "When you see these big tech people, they many of them are also defense contractors. Elon Musk gets his money from defense."
- **Medicaid in the Crosshairs: The Biggest Target.**

So, where are they really looking to make those massive cuts? "The biggest one that they are going after is Medicaid, okay? They have Medicaid in their sites and they want to cut \$2 trillion."

Remember that leaked Republican budget document? It laid it all out. They want to cut:

- "Medicaid itself."
- Potentially even things like the "mortgage interest tax deduction" (for regular people, not yachts!).

All to pay for "Elon Musk's tax breaks, Jeff Bezos' tax breaks, Mark Zuckerberg's tax breaks." It's about "giveaways to the wealthiest people and corporations in this country."

Cutting Medicaid would be devastating, especially in places that already struggle. "These Medicaid cuts that they're going for are actually going to affect rural Americans some of the most. Some of the places that vote the reddest are stand to be hurt the most by what Republicans are trying to do."

We're talking about:

- "Rural hospital closures."
- Cutting "basic services that allow rural communities, who are already underserved" to survive.
- **Immigration and Private Prisons: Profiting from Detention.**

Even the crackdown on immigration is tied to this profit motive. They want you to think it's just about "criminals," but "they're going after everybody. They even arrested Puerto Ricans. They're going after everybody."

Why? Because "you know who finances a lot of Republican campaigns, the private prison industry." They know they can't deport everyone overnight. So what do they do when they detain people they can't immediately deport?

- "You build private prison camps." And who profits from that? The private prison industry.

So, when you see all of this happening – the raids, the program cuts, the chaos – understand the central motivation: "This is about preying on working class people and stoking racial division so that working people turn against one another in order to vacuum and suck up what little is left of American public infrastructure and life and hand it over to Elon Musk, Jeff Bezos, and all these corporations, etc." It's a massive transfer of wealth upwards, disguised as something else.

Part 2: What Can We Do? Taking Action and Building Power

Alright, we know what's going on, and we know *why*. But feeling overwhelmed? Remember what we said in the Introduction: Take a breath, then **lock in and focus on what we can do**. Because we are

not powerless. Not even close.

2.1 Principle 1: Resist Where You Are, With What You Have

The problems might seem huge, complex, and overwhelming. But here's the fundamental truth:

"Understand that we outnumber them. We outnumber them, okay? The people outnumber the one person."

This is **Principle Number One**: We have power, and it starts with recognizing our numbers.

- **We Outnumber Them: The Power of the People.**

It's not just about the 1% versus the 99%. It's broader than that.

"And not even just, and it's not just about 1% and 99, it's not just about that too. Also, everyday people of all sorts of income brackets, also overwhelm the number of the corrupt, okay?"

Think about it. They are a tiny, tiny group. *We* are the vast majority. That's our strategic advantage, and we cannot forget it.

"Understand our strategic advantages in this moment. We outnumber them. Do not forget that."

They *know* we outnumber them. That's why they have to work so hard to control everything - the media, the information, even the apps we use. They need to keep us down, to make us feel like we can't do anything.

"We outnumber them so dramatically that they have to try to control media and communication channels and apps, etc., because they want to and need to invoke docility, passivity in the masses in order for them to get away with what they're doing."

Think of it like the Wizard of Oz. They aren't actually powerful in themselves. They rely on *you* believing they are.

"Understand that authoritarians are kind of like the wizard in the Wizard of Oz. They rely not on their actual power. They rely on their perceived power."

So, the first key is to understand: **their power is an illusion if we choose not to believe in it.**

- **Generating Friction: Slowing Down the Machine.**

What does this mean in practice? It means when these things - these attacks, these injustices - come to *your* backyard, to *you*, you have the power to resist.

"When one of these things comes to your backyard, when it actually, like when you come, when it comes to you, and I will give examples, but when it comes to you, when it does, you can, you can resist."

And when millions of people resist, even in small ways, something powerful happens:

"And what that happens over millions of people is that you generate enough friction that they cannot go as fast as they want to go."

Think of it like sand in the gears. Even tiny grains of sand, when there are enough of them, can grind a machine to a halt. Our resistance, even small acts, are like those grains of sand.

"We need to be little grains of sand in the large gears of this machine."

It's not about one massive action that instantly fixes everything. It's about creating friction, slowing them down, disrupting their plans. The slower they go, the less damage they can do.

"The slower they operate, the less they can break. You hear me? This is why this is strategically important. The slower they operate, the less they can break."

So, Principle Number One: **We have the numbers. We have the power to resist right where we are.** And even small acts of resistance create friction that slows down their destructive machine. We just have to choose to use it.

2.2 Know Your Rights: Your First Line of Defense

Okay, let's get into some *concrete* actions you can take. Principle Number One was about recognizing our power in numbers. **Principle Number Two is about knowing your rights and using them.** This is your first line of defense.

Let's break down some key areas where knowing your rights can make a real difference, starting with immigration.

- **Immigration Raids: Know Your Rights.**

If you live in a community with a lot of immigrants, or frankly, *any* community in America right now, understanding your rights when it comes to ICE is crucial. Because "ice raids deeply affect and disrupt our community. And the prospect of ICE raids deeply disrupt and deeply disrupt and threaten our community."

Remember what happened in Chicago? It's a powerful example of what knowing your rights can do.

"Tom Homan, who's the head of, who's the head of directing a lot of these ICE operations nationally, et cetera. He went on TV practically crying. This dude was whining his ass off because ICE went into the city of Chicago and Chicago had prepared for them."

Why was he "whining his ass off"? Because in Chicago:

- "Community organizers, activists, and their mayor and local elected officials...educated the city on their legal rights."

And because people knew their rights, ICE's tactics were disrupted. "Because what ICE tries to do is that they rely on people not knowing their rights in order to enter buildings, in order to search workplaces, etc."

But when you *do* know your rights, "you are able to tell them no and they do walk away."

So, what are your rights? Here are some key things to remember if ICE comes to your door or your workplace:

- **At Your Door: Demand a *Judicial* Warrant.**

"If ICE comes to your workplace, if ICE comes to your door, you do not have to open the door. You ask them for a judicial warrant, not an administrative warrant."

ICE might try to show you some official-looking paper. Don't be intimidated. "ICE very often tries to show you some official looking paper in order to intimidate people and to let them in." But remember:

"Again, remember, they rely on the perception of power. No, no, no, no, no. You don't just get some paper and let them in. You look for a judicial warrant. You look for a judge's signature on that piece of paper."

- **No Judge's Signature? Don't Open Up. Ask Them to Leave.**

"If there is not a judge's signature on that piece of paper, you do not have to open the door. Number two, you can ask them to leave. If they do not procure a warrant, you can ask them to leave."

- **If Detained: Stay Silent, Ask for a Lawyer.**

If you are detained by ICE, whether you are a citizen or not, you have rights.

- **Remain Silent.** "You can stay silent. If you are, if they have detained you, you can say, I would like to remain silent. you invoke your right."
- **You Don't Have to Answer Certain Questions.** They might ask about your immigration status, where you were born, even if you're a citizen. You don't have to answer.

"You do not have to share personal information. They want to know what your immigration status is. Even if you're a U.S. citizen, even if you are a U.S. citizen, if they want to ask you, are you a U.S. citizen, you tell them I don't have to answer that question. You tell them, I do not have to answer that question. You do not have to, they ask you where you were born. I don't

have to answer that question. They ask for your immigration status. I do not have to answer your question."

- **Don't Sign Anything.** "And by the way, you do not have to sign anything."
- **Ask for a Lawyer.** "If they want to keep asking you questions, you say, I would like to speak to my attorney." In some states, like New York and California, you have a right to an attorney even if you are undocumented. "In New York and California, in New York and California, you have a right to an attorney, including if you are undocumented or anything. You would say, I would like an attorney." Even outside those states, you have the right to get your own lawyer. "Or if you are outside of the states of New York or California, you can say, I would like to speak to an attorney, and you can get your own attorney. So you can procure your own attorney. So you say, I want to talk to a lawyer."
- **Share Your Rights!**

Knowing your rights yourself is important, but it's also vital to share this information with your community. "One simple thing you can do is share your rights, share, know your rights information." How?

- **Get "Know Your Rights" Cards.** You can find them online (check my Rep AOC account, ACLU, and many other places).
- **Print and Distribute Them.** "Print them out, hand them out, hand them out to people."
- **Share Digitally.** Share information on social media, through email, in community groups.
- **Tape them up.** "Tape it up in storefronts."
- **Drop them in businesses.** "Drop palm cards in small businesses."

In New York City, we're even organizing volunteer events to go "bodega by bodega, drop in palm cards so that people can know their rights." Why? Because "the slower they go the less they can break okay."

- **Federal Employee "Buyouts": Don't Comply in Advance.**

It's not just immigration raids. We're also seeing attacks on federal employees, with these so-called "buyout" letters. If you're a federal employee and you got one of these letters, listen up:

"They want to send you a little letter saying oh no more remote work like we're going to offer you a buyout don't take it don't take it don't take the buyout."

It might be a personal decision, of course, but consider this:

"My opinion is that this is a bunch of BS and what they want everyone to do is to comply in advance do not comply in advance make them make you make them make you and make them if they're committing crimes make them make you because we are going to win."

Don't make it easy for them to gut the government. Resist collectively. "Do not comply in advance." Make them work for it, make them show their hand, and let's stand together.

Knowing your rights, whether it's with ICE or as a federal employee, is a powerful tool. It's about creating that friction, slowing them down, and protecting yourself and your community. And remember, "we are going to win."

2.3 Organize and Mobilize: Community and Collective Action

Okay, knowing your rights is powerful, but individual action is only the start. To really push back against this agenda, we need to **organize and mobilize together**. That's where community and collective action come in.

We've talked about individual actions. Now let's talk about how we amplify our impact by working together.

- **Community Organizing: Know Your Rights Campaigns.**

Remember those "Know Your Rights" cards? Just printing them out isn't enough. We need to get them into the hands of people who need them. That's where community organizing comes in.

"If you want to do even more if you want to do even more there are organizing organizations that you can engage in."

Even if you're not part of a formal organization, you can start right where you are, in your own community. Think grassroots, think local.

Practical actions for "Know Your Rights" campaigns:

- **Print and Distribute Cards:** Download those PDFs, print them out - lots of them.
- **Hit the Streets (and Local Businesses):** Go to "local bodegas," "storefronts," "small businesses." Ask if you can leave some cards. "Tape it up." "Drop palm cards."
- **Community Events:** Hand them out at community gatherings, markets, anywhere people are.
- **Focus on Immigrant Communities:** "If you live in a community with a lot of immigrants," these campaigns are especially vital. Make sure the information is accessible and in multiple languages if needed.
- **Volunteer Events:** Organize with friends, neighbors, or local groups to do systematic outreach, like we're planning to do "bodega by bodega."

The goal is simple: educate our communities, empower people with information, and create that friction to slow down ICE and other harmful actions.

- **Electoral Engagement: Jiggle Every Door Handle.**

Don't think elections are irrelevant right now. They absolutely are. "We need to jiggle every damn door handle in this place to see what opens up." That includes electoral doors.

- **Special Elections are Key Opportunities.** Keep an eye on special elections, like the ones coming up in Florida and New York. Even in districts that seem unwinnable, we need to show up

and make our voices heard.

"Those April 1st special elections, you can take a look at those."

"At least Stefanik seat is going to be open and there's going to be more time. That special election is not happening on April 1st. And so what that means is that New Yorkers, we can focus on the special election. special election for Elise Stefanik's seat. And we can go for it. Okay? We can go for it."

Even if we don't win outright in a deeply red district, we can shift the margins. "If a historically 30 plus Republican seat, if a seat that normally goes to Republicans by 20 points or 30 points, then goes to Republic, even if they still went. even if it, but if it goes down to 10 points, they know that they are in deep trouble." Why does that matter? "Because a lot of these people only respond to one thing, which is whether they can hold on to power or not."

- **State and Local Elections Matter Too.** Don't just focus on federal races. "It is time for us to kick up state legislatures." Remember Iowa? "Iowa just had a special election. That district was supposed to be Republican plus 20 something. And they lost it. They lost it." "Do not say things are impossible in this time."
- **"Jiggle Every Door Handle": Try Everything.** Don't let anyone tell you something is "impossible." "I don't want to hear, oh, we can't do that. Oh, that's impossible. That's called consenting in advance." We have to try, even if it seems like a long shot. "You've got to try a hundred times sometimes to make one work. It's worth it. It's worth it."
- **Pressure Elected Officials: Make Your Voice Heard.**

Elections are important, but so is constant pressure on elected officials *right now*. We need to make them feel the heat.

- **Call Your Senators: Block the Nominees.** "No Democrat should be voting to advance Trump's nominees while all of this stuff is going on." We need to use our leverage in the Senate to grind things to a halt.

"We need to start blocking every single procedural advancement on the Senate side in order to do that. And we need to be a pain in the ass."

Action Step: "Call your senator and tell them I do not want you to vote to advance or approve any of these nominees while all this stuff is going on." Don't assume they'll automatically vote no just because they're a Democrat. "Do not assume that just because you have a Democratic senator they're going to that they're just going to vote no." Call them and tell them directly: "I want you to vote no. I want you to block these appointees."

- **Call Republican Representatives: Hold Them Accountable (Especially in Swing Districts).** Even if you have a Republican representative, *call them*. Especially if they are in a swing district, a district that might be winnable for Democrats. "If you have a Republican representative, you should be making a phone call."

Why call if they're Republicans? Because "this issue is not about Democrats or Republicans. This is about our country, y'all." And because they *do* care about getting re-elected, especially those in close districts. "These are Republicans. House members that are in districts that one, that Joe Biden carried in 2020. These are districts with enough Democrats in them and enough people who vote Democrat in them, that they can be unseated. Okay? Those people do care about what you think and how pissed off you are."

Action Step: "If you're in Westchester County, if you're in Rockland County, if you're out here, I'm going to need you to start making some phone calls saying, what are you doing about this? Okay? To your representative. " If you live near a swing district, especially one held by a Republican, "volunteer, to start volunteering now, make the commitment now to help win the nearest swing seat to you."

- **Why Calling Matters (Even if They Act Like They Don't Listen).** "Oh, they don't listen. It doesn't matter. Don't consent in advance. Don't consent in advance. This is how it works. Oh, they don't listen. They don't pick up the phone. They don't care. They're going to vote the other way anyway." Don't fall into that trap of thinking it's pointless.

"They know they need to know you are paying attention. They need to know that you are pissed off. Okay? If they don't think that you're pissed off. If they don't think that you're not paying attention, they're going to go faster. Even if your call makes them think twice, it is effective."

Even if they *act* like they're ignoring you, they hear you. "I can tell you they can hear and I can tell you that it affects them." They might put on a show, but constituent pressure matters. "Draw them out. Draw them out."

By organizing in our communities, engaging electorally, and pressuring our elected officials, we build collective power. And that collective power is what we need to fight back and win.

2.4 Principle 2: Do Not Give Them Your Fear

Alright, we've talked about knowing our rights, organizing, and taking action. But there's one more crucial principle, maybe the most important one of all. It's about our mindset, about how we respond emotionally to what's happening. And it's this:

These people, the ones behind this power grab, they are trying to provoke a very specific reaction in you. They want you to be scared. They want you to panic. And we cannot give them that satisfaction.

- **Fear Feeds the Monster: Don't Give In to Panic.**

"Do not give them your fear. Do not give them your anxiety. Do not give them your panic."

Why is this so important? Because "they, this is a monster that eats fear. This is a monster that eats on your anxiety, on your paralysis, on your fear, and that is what sustains them. Don't give it to them."

Think about it. They use fear as a weapon. They amplify the chaos, they make things seem overwhelming, because they know that fear can paralyze us. They want us to freeze. They want us to give up before we even start.

"They want you in a state they want to control your emotions because they want you in a state of paralysis they want you in a state of not doing anything so that they can just drive on flat road."

Even with something like ICE raids, think about it: "the actual activity that ICE is doing is relatively limited, especially compared to the rhetoric and what they're showing on TV. They're making it look way worse. It's bad. It's bad. But they're making it look bigger."

Why? "And the reason they are doing that is because people are going to take actions on their own. They believe that when you show it to be really big, that people will consent in advance."

They want you to pre-emptively surrender, to give up your rights, to hide in fear, all based on the *image* of overwhelming power they are projecting. Don't fall for it.

Yes, "this time is scary." It's okay to acknowledge that. But we cannot let that fear control us. "Do not give them your panic."

- **Focus on Action, Not Fear.**

The antidote to fear is action. When we feel overwhelmed, the best thing we can do is to take a step, any step, forward. To do *something*.

Instead of focusing on the fear, shift your energy to action. Think: "What *can* I do?" Not "What am I afraid of?"

Remember Principle Number One: "Do what you can and what you can do is enough."

"There is no action too small in fact because there are so many of us when millions of people do tiny things we can disrupt these systems."

Every action, no matter how small it seems, chips away at that wall of fear they are trying to build. Every phone call, every "Know Your Rights" card distributed, every conversation you have - it's a step away from fear and towards resistance.

And remember, "do not be discouraged in temporary defeats. We keep going anyway. Do it anyway. When we are relentless, they will fatigue. They will fatigue. They can only hold this up for so long."

They are fragile. "They are little they are weak." Their power is built on illusion and intimidation. Our power is real, it's in our numbers, and it's in our refusal to be ruled by fear.

So, breathe. Acknowledge the fear, but don't let it control you. Choose action instead. Choose hope instead. Choose resistance instead. Because "we are going to win," but only if we refuse to give them

the one thing they desperately crave: our fear.

Conclusion: We Will Win - If We Act Together

Okay, let's bring it all together. We've covered a lot, from understanding what's happening and why, to concrete steps you can take. But the most important thing to remember, the core message of all of this, is about our power and our mindset.

We're in a fight, no doubt about it. But it's not just a fight about policies or power structures. It's a fight for something even deeper:

- **This is a Mentality Battle:** They aren't just trying to change laws or control agencies. "They are trying to control your attention. They are trying to control your attitudes and beliefs. And they are trying to control your emotional state, right?" They want to dominate your mind, your feelings, your very perception of reality.

But we can resist that. We *are* resisting that. And the power to fight back starts with each of us, in our own way, right where we are.

- **Reclaim Your Power: Small Acts, Big Impact.** Don't ever underestimate the difference you can make. "Your everyday small actions matter. They matter. Letting someone know that they are safe with you. Matter. Showing up matters. You know, asking. Asking someone that you know if they know their rights matters."

Remember, "there is no action too small." Because when we all act, together, even in small ways, it adds up to something huge. "When millions of people do tiny things we can disrupt these systems."

- **Do What You Can, and Know It Is Enough.** You don't have to solve every problem. You don't have to be a superhero. Just do *something*. "Do what you can. Do what you can and do not submit to the belief. And do what you can. Do what you can. And do what you can. and know that what you can do is enough, okay?"

That's the key. Just start. Take that first step. And keep going.

- **Stay Engaged, Stay Informed, Stay Resilient.** This is not a sprint, it's a marathon. "We will be chatting a lot over the next couple of years. Okay." We have to stay in this for the long haul. That means:
 - **Stay Engaged:** Don't tune out, don't become apathetic. Keep showing up, keep participating.
 - **Stay Informed:** Keep learning, keep educating yourself, keep understanding what's really happening. "Knowing what is going on is not the same thing as reading a headline, okay? Knowing how things work, political education. This stuff is important because you can't do anything if you don't know where the vulnerabilities are and how and understand the big picture."
 - **Stay Resilient:** There will be setbacks, there will be moments of discouragement. But don't give up. "Do not consent in advance. Do not be discouraged in temporary defeats. We keep going

anyway. Do it anyway."

Because here's the bottom line: "We will win." It might be "an ugly ugly period," but "move in the faith that we are going to win." Winning is not just something that *happens* to us. "Winning decision it is a choice. It's not oh what's going to happen i don't know what's going to it's what am i going to dedicate myself to." We have to choose to fight, choose to resist, choose to believe in our own power. And when we do that, together, we are unstoppable.

Let's get to work. Let's take action. Let's win this thing, together.