

Nicholas Kristof: A 12-Step Program for Traumatized Voters

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Nicholas Kristof



Liza Donnelly

A 12-Step Program for Traumatized Voters

By NICHOLAS KRISTOF

Since the election, my traumatized friends and readers have been asking: “What now?” So [today's column](#) is an attempt to answer that, by offering 12 steps that anyone can take. Yes, they're inadequate. But to me at least, they're a starting point to assert my values. [Read!](#)

[Megyn Kelly's book](#) is in the news, describing sexual harassment she endured at Fox News from Roger Ailes, and I also liked [this outspoken essay](#) by Gretchen Carlson on the same topic. Ultimately, the only way to end this kind of abusive behavior by bosses is to end impunity, and the impunity will end only when women are empowered to speak up. So thanks to the women at Fox, led by Carlson, who did their part.

I've written about the mistakes we in the news media made in covering Donald Trump, but [this interesting essay](#) points to another flaw: We journalists are hyper-focused on failures, never successes, in ways that mislead the public about the general direction of the country and the world. For example, Trump campaigned in part on the basis that crime was at record levels — true enough, crime is at near record LOWS, and the public seemed unaware of that.

Meanwhile, a children's hospital was just bombed in Aleppo. And there hasn't been nearly enough coverage of the bombing and blockade of Yemen by a Saudi coalition that the U.S. is arming and supporting. The U.S. should stop supporting Saudi war crimes in Yemen. The crisis hasn't received much attention because Yemen is hard to get to, but [this article](#) explains what's going on.

There've been lots of reports of dysfunction in the Trump transition team: At the State Department, the administration has a liaison desk set up that is still waiting to hear from someone with the Trump team. I do hope that Rudy Giuliani [doesn't end up](#) as Secretary of State. It's not just his rashness, or his associations with figures from the genocidal regime in Serbia, but also the basic problem that he doesn't know foreign affairs and is the least diplomatic person I can think of. He knows counter-terrorism and that's it.

Eliot Cohen, a conservative Republican who worked in the Bush administration, wrote a sad piece in [The Washington Post](#) about the transition. Cohen noted that he had encouraged young Republicans to work in the Trump administration but now, after interacting with the transition team, he was withdrawing that advice. "Service in the early phase of the administration would carry a high risk of compromising one's integrity and reputation," he warned.

I also want to offer a special thanks to all of you, my readers, in a tough time. In writing today's column, I asked on Twitter and Facebook for ideas of what people can usefully do — and received a ton of excellent suggestions. Likewise, our president-elect has been battering this newspaper on Twitter, and I've been touched by the number of people who have tweeted that they are now subscribing to The Times to show support, for it and for democracy. So a really warm "thank you" for all that. And thanks also to Liza Donnelly for the great cartoon above.

And now [here's my column](#) on what readers can do in the wake of the Trump victory.
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