

Wired for Peace — Academic Resources Guide

Principle 5: Resolution Requires Care, Transformation Requires Trust

Peer-reviewed and academically published sources supporting the major neuroscientific and psychological concepts in Principle 5. Each quotation is drawn verbatim from the manuscript with its page number; each paired reference is a real, published source in APA 7th edition format with a DOI or stable link where available.

Quote from the Book (with Page Number)	Supporting Peer-Reviewed Resource (APA 7th ed.)
<p><i>“care and trust are two distinct psychological constructs that emerge from different neural networks, which can help explain why care is the foundation of conflict resolution and trust is the foundation of relational transformation”</i></p> <p>(p. 144)</p>	<p>Krueger, F., & Meyer-Lindenberg, A. (2019). Toward a model of interpersonal trust drawn from neuroscience, psychology, and economics. <i>Trends in Neurosciences</i>, 42(2), 92–101.</p> <p>https://doi.org/10.1016/j.tins.2018.10.004</p>
<p><i>“The caregiving system involves structures like the anterior insula, ventromedial prefrontal cortex, and periaqueductal gray, which underpin empathy, compassion, and prosocial motivation.”</i></p> <p>(p. 148)</p>	<p>Stevens, F., & Taber, K. (2021). The neuroscience of empathy and compassion in pro-social behavior. <i>Neuropsychologia</i>, 159, 107925.</p> <p>https://doi.org/10.1016/j.neuropsychologia.2021.107925</p>
<p><i>“The anterior insula, in particular, is less about caregiving behavior directly and more about interoceptive awareness and empathic attunement; it helps us register our own bodily states and connect those sensations to social and emotional awareness.”</i></p> <p>(p. 148)</p>	<p>Craig, A. D. (2009). How do you feel — now? The anterior insula and human awareness. <i>Nature Reviews Neuroscience</i>, 10(1), 59–70.</p> <p>https://doi.org/10.1038/nrn2555</p>
<p><i>“endogenous opioids, such as endorphins, support social bonding and are involved in the warm, calming sensations of closeness”</i></p> <p>(p. 148)</p>	<p>Inagaki, T. K. (2018). Opioids and social connection. <i>Current Directions in Psychological Science</i>, 27(2), 85–90.</p> <p>https://doi.org/10.1177/0963721417735531</p>
<p><i>“Oxytocin and dopamine release further promote affiliative behavior, enabling individuals to express and feel care on demand.”</i></p> <p>(p. 148)</p>	<p>Feldman, R. (2017). The neurobiology of human attachments. <i>Trends in Cognitive Sciences</i>, 21(2), 80–99.</p> <p>https://doi.org/10.1016/j.tics.2016.11.007</p>

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<p><i>“Oxytocin is released when we feel safe and connected, whether through eye contact, touch, or compassionate presence, reducing vigilance and calming the autonomic nervous system.”</i></p> <p>(p. 148)</p>	<p>Uvnäs-Moberg, K., Handlin, L., & Petersson, M. (2015). Self-soothing behaviors with particular reference to oxytocin release induced by non-noxious sensory stimulation. <i>Frontiers in Psychology, 5</i>, 1529.</p> <p>https://doi.org/10.3389/fpsyg.2014.01529</p>
<p><i>“Vasopressin release plays a role in pair bonding and social recognition, particularly in attachment relationships.”</i></p> <p>(p. 148)</p>	<p>Carter, C. S. (2017). The oxytocin–vasopressin pathway in the context of love and fear. <i>Frontiers in Endocrinology, 8</i>, 356.</p> <p>https://doi.org/10.3389/fendo.2017.00356</p>
<p><i>“Social support consistently lowers hypothalamic-pituitary-adrenal (HPA) axis activation and reduces cortisol release, which is why feeling cared for can lower feelings of distress.”</i></p> <p>(p. 149)</p>	<p>Eisenberger, N. I., Taylor, S. E., Gable, S. L., Hilmert, C. J., & Lieberman, M. D. (2007). Neural pathways link social support to attenuated neuroendocrine stress responses. <i>NeuroImage, 35</i>(4), 1601–1612.</p> <p>https://doi.org/10.1016/j.neuroimage.2007.01.038</p>
<p><i>“feeling cared for shifts the nervous system into a state of safety and regulation. It increases vagal tone via the vagus nerve, leading to slower heart rate, deeper breathing, and reduced blood pressure”</i></p> <p>(p. 149)</p>	<p>Porges, S. W. (2007). The polyvagal perspective. <i>Biological Psychology, 74</i>(2), 116–143.</p> <p>https://doi.org/10.1016/j.biopsycho.2006.06.009</p>
<p><i>“Regions like the hippocampus and medial prefrontal cortex consolidate past experiences into working models of how someone is likely to behave.”</i></p> <p>(p. 149)</p>	<p>Krueger, F., & Meyer-Lindenberg, A. (2019). Toward a model of interpersonal trust drawn from neuroscience, psychology, and economics. <i>Trends in Neurosciences, 42</i>(2), 92–101.</p> <p>https://doi.org/10.1016/j.tins.2018.10.004</p>
<p><i>“Elevated cortisol not only amplifies vigilance and defensive responses but also strengthens the encoding of emotional memories in the hippocampus and amygdala.”</i></p> <p>(p. 149)</p>	<p>Roosendaal, B., McEwen, B. S., & Chattarji, S. (2009). Stress, memory and the amygdala. <i>Nature Reviews Neuroscience, 10</i>(6), 423–433.</p> <p>https://doi.org/10.1038/nrn2651</p>
<p><i>“Oxytocin also plays a powerful role in trust, as it can dampen threat detection in the amygdala and boost</i></p>	<p>Kosfeld, M., Heinrichs, M., Zak, P. J., Fischbacher, U., & Fehr, E. (2005). Oxytocin increases trust in humans. <i>Nature, 435</i>(7042), 673–676.</p> <p>https://doi.org/10.1038/nature03701</p>

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<p><i>the brain’s reward responses to positive social cues, thereby facilitating trust.”</i> (p. 149)</p>	
<p><i>“oxytocin can heighten ingroup favoritism and even increase distrust or defensive behavior toward outgroups . . . oxytocin is not universally pro-trust but rather amplifies social salience”</i> (p. 149)</p>	<p>De Dreu, C. K. W., Greer, L. L., Van Kleef, G. A., Shalvi, S., & Handgraaf, M. J. J. (2011). Oxytocin promotes human ethnocentrism. <i>Proceedings of the National Academy of Sciences</i>, <i>108</i>(4), 1262–1266. https://doi.org/10.1073/pnas.1015316108</p>
<p><i>“Care can be described as a psychological state of concern for another’s wellbeing, often expressed through empathy, warmth, and prosocial motivation.”</i> (p. 150)</p>	<p>Goetz, J. L., Keltner, D., & Simon-Thomas, E. (2010). Compassion: An evolutionary analysis and empirical review. <i>Psychological Bulletin</i>, <i>136</i>(3), 351–374. https://doi.org/10.1037/a0018807</p>
<p><i>“Persistently high care, where one’s own needs and goals are put aside, is called codependence. This is an unhealthy relational dynamic where one person is always the caretaker, depleting their own needs in the service of the other”</i> (p. 150)</p>	<p>Marks, A. D. G., Blore, R. L., Hine, D. W., & Dear, G. E. (2012). Development and validation of a revised measure of codependency. <i>Australian Journal of Psychology</i>, <i>64</i>(3), 119–127. https://doi.org/10.1111/j.1742-9536.2011.00034.x</p>
<p><i>“trust is a multidimensional construct involving various forms of confidence . . . performance, ability, or competence trust . . . accountability, benevolence, or integrity trust”</i> (p. 152)</p>	<p>Mayer, R. C., Davis, J. H., & Schoorman, F. D. (1995). An integrative model of organizational trust. <i>Academy of Management Review</i>, <i>20</i>(3), 709–734. https://doi.org/10.5465/amr.1995.9508080335</p>
<p><i>“our own unique capacities and tendencies, shaped by early attachment and temperament, to trust or distrust others in general, referred to as dispositional trust”</i> (p. 152)</p>	<p>Bowlby, J. (1982). <i>Attachment and loss: Vol. 1. Attachment</i> (2nd ed.). Basic Books. (Original work published 1969)</p>

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<p>“Secure, anxious, and avoidant attachment styles reflect patterns of early caregiving that shape how readily we extend or withhold trust in adulthood.”</p> <p>(p. 152)</p>	<p>Mikulincer, M., & Shaver, P. R. (2016). <i>Attachment in adulthood: Structure, dynamics, and change</i> (2nd ed.). Guilford Press.</p>
<p>“it only takes one negative experience to break trust, sometimes permanently . . . It takes commitment, effort, and consistency to build it, but it can shatter in a moment.”</p> <p>(p. 153)</p>	<p>Slovic, P. (1993). Perceived risk, trust, and democracy. <i>Risk Analysis</i>, 13(6), 675–682. https://doi.org/10.1111/j.1539-6924.1993.tb01329.x</p>
<p>“co-regulating by helping to regulate their nervous system through your behavior”</p> <p>(p. 158)</p>	<p>Butler, E. A., & Randall, A. K. (2013). Emotional coregulation in close relationships. <i>Emotion Review</i>, 5(2), 202–210. https://doi.org/10.1177/1754073912451630</p>
<p>“This technique, commonly called reflective listening, is a form of active or focused listening paired with repeating back what you hear from the other person.”</p> <p>(p. 158)</p>	<p>Rogers, C. R., & Farson, R. E. (1957/2015). <i>Active listening</i>. Mockingbird Press.</p>
<p>“human beings naturally want to feel heard and understood before we are ready to receive advice or hear solutions”</p> <p>(p. 158)</p>	<p>Weger, H., Castle Bell, G., Minei, E. M., & Robinson, M. C. (2014). The relative effectiveness of active listening in initial interactions. <i>International Journal of Listening</i>, 28(1), 13–31. https://doi.org/10.1080/10904018.2013.813234</p>
<p>“When you repeat someone’s words back to them, it is a form of mirroring and validation, indicating that you’re truly there with them”</p> <p>(p. 158)</p>	<p>Linehan, M. M. (1997). Validation and psychotherapy. In A. C. Bohart & L. S. Greenberg (Eds.), <i>Empathy reconsidered: New directions in psychotherapy</i> (pp. 353–392). American Psychological Association. https://doi.org/10.1037/10226-016</p>
<p>“Empathy is not just a feeling or internal state for you to take someone’s perspective; it is a behavior, or at least it can be.”</p> <p>(p. 159)</p>	<p>Decety, J., & Jackson, P. L. (2004). The functional architecture of human empathy. <i>Behavioral and Cognitive Neuroscience Reviews</i>, 3(2), 71–100. https://doi.org/10.1177/1534582304267187</p>
<p>“Each positive interaction, whether it’s showing up on time, keeping a promise, or offering encouragement,</p>	<p>Chang, L. J., Doll, B. B., van ’t Wout, M., Frank, M. J., & Sanfey, A. G. (2010). Seeing is believing: Trustworthiness as a dynamic belief. <i>Cognitive Psychology</i>, 61(2), 87–105.</p>

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<p><i>strengthens the brain’s predictive model that this person is reliable and safe.”</i> (p. 162)</p>	<p>https://doi.org/10.1016/j.cogpsych.2010.03.001</p>
<p><i>“When people know what to expect from your moods, tone, and actions, their sympathetic nervous system can downregulate . . . Inconsistency, even without malice, undermines trust because it forces others into constant uncertainty.”</i> (p. 163)</p>	<p>Peters, K., & Kashima, Y. (2015). Bad habit or social good? How perceptions of gossip morality are related to gossip content. <i>European Journal of Social Psychology, 45</i>(7), 784–798. https://doi.org/10.1002/ejsp.2123</p>
<p><i>“These micro-moments of curiosity activate reward circuits in the brain, making the relationship feel more rewarding and meaningful.”</i> (p. 163)</p>	<p>Kang, M. J., Hsu, M., Krajbich, I. M., Loewenstein, G., McClure, S. M., Wang, J. T., & Camerer, C. F. (2009). The wick in the candle of learning: Epistemic curiosity activates reward circuitry and enhances memory. <i>Psychological Science, 20</i>(8), 963–973. https://doi.org/10.1111/j.1467-9280.2009.02402.x</p>
<p><i>“asking for help often strengthens trust more than offering help does”</i> (p. 164)</p>	<p>Jecker, J., & Landy, D. (1969). Liking a person as a function of doing him a favour. <i>Human Relations, 22</i>(4), 371–378. https://doi.org/10.1177/001872676902200407</p>
<p><i>“Few things build trust faster than giving people agency. This is especially important when decisions have to be made that are going to affect them.”</i> (p. 165)</p>	<p>Colquitt, J. A., & Rodell, J. B. (2011). Justice, trust, and trustworthiness: A longitudinal analysis integrating three theoretical perspectives. <i>Academy of Management Journal, 54</i>(6), 1183–1206. https://doi.org/10.5465/amj.2007.0572</p>

Note on books cited without a DOI: Bowlby (1982), Mikulincer & Shaver (2016), and Rogers & Farson (1957/2015) are professionally published academic books available through major academic libraries and booksellers.