

Table of Contents

	Page
Abstract	7
Résumé	9
Chapter One: An Introduction to the Concept of Confidence Building	12
Chapter Two: Examples of Pre-Helsinki Confidence-Building Measures	16
Chapter Three: The Conference on Security and Cooperation in Europe	28
The Conference on Security and Cooperation in Europe	28
The Helsinki Confidence-Building Measures	31
The Belgrade Follow-up Conference	33
The Madrid Follow-up Conference	34
Chapter Four: The Mutual and Balanced Force Reduction Negotiations	40
MBFR – A Short History	40
MBFR Negotiating Obstacles	44
Associated Measures	46
Chapter Five: Defining Confidence-Building Measures	50
Basic Definitions	51
The Attributes of Confidence-Building “Definitions”	58
Categories of Confidence-Building Measures	61
Chapter Six: Confidence and Security Building Proposals	68
Information and Communication CBMs	68
Information Measures	68
Communication Measures	71
Notification Measures	71
Manoeuvre Observer Conduct Measures	74
Constraint or Surprise Attack CBMs	74
Inspection Measures	75
Non-Interference Measures	79
Behavioural or Tension-Reducing Measures	79
Constraint Measures	79
Declaratory CBMs	82
Conclusion	83
Chapter Seven: An Assessment of Confidence Building in Theory and Practice	86
The Generic Flaws of the CBM Literature	86
The “Type One” Generic CBM Flaw	89
The “Type Two” Generic CBM Flaw	90
The Problem of Oversimplification	91
Soviet Conventional Military Power	94
Soviet Military Strength—Contrasting Perspectives	99
The Psychological Dynamics of Confidence Building	110
CBMs and Rational Assumptions	113
Chapter Eight: Conclusion	122
CBM Definition	123
CBM Categories and Proposals	123
Select Bibliography	130