

A U.S. War With Iran Would Be a Disaster

Iran's Capabilities to Wage War Should Not Be Underestimated

Iran's [military doctrine](#)¹ is designed specifically to counter enemies with greater technological superiority, relying on unconventional techniques like asymmetric warfare, proxy warfare, and ballistic missiles. Over the years, Iran has worked to advance its projectile, drone, cybernetic, navy, and land warfare, as well.

Ilan Goldenberg, former Director of the Middle East Security Program at the Center for a New American Security, [explains](#)²: "The Islamic Republic can use proxy forces...to attack the United States and its partners. It has an arsenal of ballistic missiles that can target U.S. bases in [the region]. **Its mines and land-based antiship missiles can wreak havoc in the Strait of Hormuz and drive up global oil prices.** Iran has the capacity to shut down a significant portion of Saudi oil production with aggressive sabotage or cyberattacks, and with its paramilitary unit known as the Quds Force, Iran can attack U.S. targets around the globe."

- **Publicly oppose a war with Iran**, which is likely to fuel anti-American sentiment and violent extremism in Iran and the region for generations to come.

Diplomacy is the Best Way to Ensure Iran Does Not Get a Nuclear Bomb

Good-faith diplomatic measures can reduce dangerously high tensions with Iran and lead to a negotiated deal to prevent expansion of its nuclear capabilities. Ali Vaez, Director of the Iran Project at the International Crisis Group, [asserts a nuclear deal](#) "represents the best and most sustainable way for Trump to avoid both a nuclear Iran and a protracted military entanglement." Israel is unlikely to destroy Iran's entire nuclear program, due to its widespread nature and underground locations. In fact, Vaez argues that because of the recent bombing, Iran's "leadership may now have more of an incentive than ever to build the ultimate deterrent."³

Even if fighting stops, **without a diplomatic agreement involving nuclear inspections, the U.S. "would need either a presence on the ground or sustained rounds of military strikes** carried out with exhaustive knowledge of Iran's nuclear operations...to truly assure that the threat has been curtailed" — neither of which is a viable long-term option.

- **Publicly oppose Trump's increasingly inflammatory rhetoric and threats**, which fuel conflict and provide Iran's hardliners with more leverage to intensify the war.

Arms Transfers to Israel Escalate Tensions and Undermine Credibility in Negotiations

Iran [has warned](#): "Any American intervention would be a recipe for an all-out war in the region."⁴ If the U.S. continues providing Israel with arms — especially if it sends bunker buster bombs — it sends a message to Iran that it has already chosen a side, hinders diplomatic outreach, and provokes military escalation.

- **Block all offensive weapons sales and military assistance to Israel by supporting Joint Resolutions of Disapproval (JRDs)** for proposed arms transfers until they cease military provocations against Iran.

Congress Must Assert Its Authority Over the Use of Military Force

The Constitution grants Congress sole authority over the decision to go to war. Any use of preemptive or preventive force against Iran would be illegal and unconstitutional unless Congress authorizes it.

- **Support S.J.Res.59, by Senator Tim Kaine and H.Con.Res.38 Rep.Thomas Massie**, to direct the removal of United States Armed Forces from hostilities against the Islamic Republic of Iran that have not been authorized by Congress.
- **Support S.2087, by Senator Bernie Sanders**, to prohibit the use of funds for military force against Iran.

¹ Graham, Thomas, *Iran's Evolving Military: Complementing Asymmetric Doctrine with Conventional Capabilities*, Bloomsbury Intelligence & Security Institute, March 6, 2025

² Goldenberg, Ilan, *What a War With Iran Would Look Like*, Foreign Affairs, June 4, 2019

³ Vaez, Ali, *Don't Give Up on Diplomacy With Iran*, Foreign Affairs, June 16, 2025

⁴ *Iran warns US intervention in conflict with Israel risks 'all out war'*, Al Jazeera, June 18, 2025