

# Contents

<i>Acknowledgements</i>	ix
<i>List of Figures</i>	xi
<i>Abbreviations</i>	xiii
<i>Foreword by Richard Sakwa</i>	xvii
<i>Preface</i>	xxi
<b>1 Introduction</b>	<b>1</b>
Interpreting the 'rise' of Inter-democratic Security Institutions	1
The Security Dilemma between Inter-democratic Security Institutions and Russia	3
The Effect of Institutions and Norms on the Security Dilemma	4
Theoretical Framework for Assessing the Security Dilemma	6
Method: Evaluating Variables that Impact the Security Dilemma	7
Structure of the Book	8
<b>2 Theoretical Comparison</b>	<b>13</b>
Neoclassical Realist Theory	13
Liberal Institutional Theory	23
<b>3 Research Design</b>	<b>27</b>
Method	27
Case Selection and Case Portraits	30
Conceptualising and Operationalising Variables Affecting the Security Dilemma	34
Expected Outcomes for Competing Theories	42
<b>4 Case Study I: CSDP and Russia</b>	<b>45</b>
Instruments of Power	46
Security Dilemma Sensibility	65
Institutional Inclusion	89
Threat Perceptions	106
Conclusion: Coercing 'European Integration'	112
<b>5 Case Study II: Missile Defence and Russia</b>	<b>115</b>
Instruments of Power	116
Security Dilemma Sensibility	125
Institutional Inclusion	140

Threat Perceptions	155
Conclusion: Containing Russia by Reducing Nuclear Parity	161
<b>6 Conclusion: Ideas, Institutions and Hegemony</b>	<b>163</b>
Proxy Variables	165
The Limitations of the Study and Possible Future Studies	169
<i>References</i>	171
<i>Primary Sources</i>	171
<i>Secondary Sources: Journal Articles and Books</i>	181
<i>Secondary Sources: Media</i>	197
<i>Index</i>	201