

# CONCENTRIC CIRCLE CONVERSATIONS

While simply sitting down to talk about our experiences with intimate violence may seem obvious, it's actually pretty rare. Few accessible opportunities exist to deeply explore our experiences living with and surviving the traumatic events, and few spaces exist to do so in community. Hosted in partnership with local anti-violence community organizations, Concentric Circles are about collaboratively making meaning of our trauma in the context of community. We co-explore the impacts of our trauma, identify patterns between our survival experiences, dismantle the myths & misunderstandings we've encountered, and reimagine the course of our healing with creative systemic solutions.

Held in person, participants can include survivors, allies, family, partners, mentors, community stakeholders an first responders, and in some cases, coordinated to include persons who have committed harm. Scaffolded with learning resources, these deep group acknowledgment opportunities may take place over multiple or ongoing sessions, or be held all in one day. In addition to a Concentric Circle facilitator, conversations include a community partner facilitator(s) and a well being advocate, in addition to follow up resources sent to participants for continued support, discussion and learning.

## WELCOME AND SIGN IN

After completing a Concentric Circles registration form, participants will receive a Confirmation Email with additional information: date and time confirmation for the conversation and contact info for further questions. On the day of the conversation, we will open up the location 15 minutes early to allow folks to arrive and check-in. We look forward to welcoming you!

## IDENTITIES AND INTRODUCTIONS

It's important to know who's in the room creating this community and how we're showing up. We'll have an opportunity to introduce ourselves, including our preferred pronouns and ways we identify. Depending on where we are in our healing, or simply that day, we may embody just one identity, or live at the intersection of many.

Nothing is mandatory; everything is by choice.

**SURVIVOR** I identify as a survivor; I have experienced intimate harm firsthand; I am part of a community, and am a stakeholder in my own healing and justice

**ADJACENT:** I have someone in my life who has experienced intimate harm

**ADVOCATE:** I work to support and elevate people who have suffered intimate harm

**COMMUNITY COLLABORATOR/FACILITATOR** I am with the Concentric Circle team or the Community Partner Organization, here to facilitate a safe and constructive space for the survivors in the room, which makes me a stakeholder in healing harm

# CONVERSATION BASICS AND COMMUNITY AGREEMENTS

Conversation Basics and Community Agreements help us hold the space. They serve as anchors for intimate connection, honest conversation, and deep understanding as we collectively and vulnerably share from our lived experiences.

Review these statements. Reflect on what comes up for you and what questions you have. How do you want to show up, how do you want to be received?

**EMBRACE VULNERABILITY AS A STRENGTH**

**HONOR AUTHENTICITY IN YOURSELF & OTHERS**

**ACKNOWLEDGE OUR OWN NEEDS & IMPACT**

**SHOW AND SHARE VALIDATION, ESPECIALLY FOR LIVED EXPERIENCES.**

**OWN OUR ACCOUNTABILITY PRACTICE**

**TAKE SPACE, MAKE SPACE**

**LEARNING GOES, STORIES STAY**

**CENTER THE HEALING, NOT THE VIOLENCE**

**BOUNDARIES AS AN ACT OF CARE FOR OURSELVES AND OTHERS**

## DISCUSSION TOPICS

The conversation incorporates reflective, written, verbal and experiential ways through which we share, connect and better understand our experiences with trauma and will involve some or all of the following questions. But the topics you'd like to address, based on your responses on the registration, will be the main driver for the questions we ultimately explore.

### **HEAD, HEART AND BODY**

What symptoms did/do you experience?  
What kind of support did you receive?  
What kind of support did you want?  
What do you need now in your healing process?

### **COMMUNITY RESPONSE**

How did your community respond?  
What did you need from those in your community? What do you wish was said?  
What would you have your community do differently?  
What did your community do or say that was helpful and healing?

### **JUSTICE AND HEALING**

What did you face in navigating systems of justice and support?  
If you could define it for yourself, what would justice look, sound & feel like?  
What would you say to the person who harmed you? What, if anything, would you want to hear from the person who harmed you?

### **ALLIES AND COMMUNITY COLLABORATORS**

Who would you like to hear about your experience? Who could we invite?  
What allies do you wish were here? How would it feel to invite them?  
Who would benefit from hearing this wisdom?  
What community collaborators and decision makers do we wish could listen in?