

SUPPORTING EACH OTHER

PURPOSE: To deepen personal connections through vulnerable sharing

PARTICIPANT OBJECTIVES

- To understand how sharing stories can strengthen our capacity to feel empathy and increase our commitment to standing up for each other in the face of discrimination
- To share ways we have felt marginalized or may have marginalized others

PROCESS

- Welcome by co-leaders and host; share of good and welfare;
- Describe the objectives; explain storytelling and how it can deepen connection and communication through active sharing and listening.
- Ask each woman in turn to address the first set of questions, for up to three minutes each.
- After everyone has had a turn to speak, or to pass, you can either go on to the second round of questions or share a more free flowing discussion/Q&A and address the second set of questions at your next gathering.

QUESTIONS FOR DISCUSSION:

- What is the story that most represents when you felt like the “other”? Describe the situation in as much detail as you can recall. What were the circumstances? How did you feel? Did anyone stand up for you? What impact did this have on you?
- What is the story that most represents when you felt that someone else was the “other”? Describe the situation in as much detail as you can recall. Do you recall how you learned this? Did you verbalize your thoughts or share them with others? Do you know if there was any impact as a result of your thoughts or words (either on yourself or the other person or community)?