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Questions to **REPOSITIONING SHAME**

Have you ever begun to look at it this closely before?

- with your eyes wide open?
- beginning to see it like it really is?
- not like you wish it was?

What are you realising?

What are you seeing?

What difference is it making?

How does it affect you?

How are you managing to stay with it?

- not to run away – leave it for Sue to worry about?

What difference does it make when you call it rape?

Is this the right direction for you to be taking?

Does it fit with the kind of person you want to be?

How will it help you?

Will it make you stronger or weaker?

Did your dad ever stop and think / feel about?

What difference would it have made if he did?

You have made apologies many times but have you ever looked this closely before?

What are you realising about these apologies?

What would an apology mean without this level of realisation?

Who has carried the hurt and humiliation about this incident in the past?

Who needs to carry it?

Whose job is it?

What would it mean if you left it for (Sue) to carry?

Can you afford to do this?

How are you beginning to take this on your shoulders?

Will it make you stronger or weaker?

How will it help you:

- ensure you never abuse again?
- treat Sue with genuine respect?
- make restitution to Sue?
- become the person you want to be?

APPEALS TO AN ETHICAL SELF –

How does this step fit with being 'the guy' – the 'brother'- you really are?

How much can you respect the step you are taking?

How will this step help you quit abusive behaviour?

How will this step help you make amends? to your family? yourself?
to your community?

How will this step help you show your true colours?

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REPOSITIONING SHAME

What would it say about you if you could think about and not feel disgust?

What does it say about you as a guy / as a brother, that you do feel ashamed?

What would it say if you hid behind (X) and left them to feel the pain?

Whose shame is it?

What would it mean if you tried to say sorry without thinking about what you put (x) through?

Will it make you stronger or weaker to face it or hide from it?

What fits best with the guy you really are?

EXTERNALISING DANGEROUS IDEAS - RE-VISIONING

Why did you choose V (victim)?

Whose feelings were you thinking about at the time?

Kinds of "selfish thinking" when you don't feel OK

- Acting tough and cool - pretending
- Getting even
- Don't let on how you feel
- Don't be weak
- Pick on someone weaker
- Put someone down
- Just go for it

Where do these ideas come from?

How do guys get sucked into these ideas?

How have you seen that at school?

How does selfish thinking hijack sex?

How does selfish thinking hijack respect?

Do you want to be respected or feared?

When have you stood up to these ideas? What did you prove about yourself?