



# Session 8

## Aims and Objectives

- Begin to identify the values we hold, and how an abuser prevents us from maintaining and living out our values.
- Begin to understand the Power Threat Meaning Framework.
- Identify shame as a way of creating meaning.
- Identify some strategies for maintain personal integrity while in a relationship with an abuser.
- Consider some of the negative ways singleness is viewed in society.
- Recognise the ways women are objectified in the media.

## Resources

- Own My Life playlists for when participants arrive.
- Tea, coffee, milk, sugar, sweetener, juice, biscuits, fruit.
- Tissues.
- Group rules stuck on wall.
- Evaluation resources:
  - Evaluation box

- Laminated emoji options
- Own My Story (1pp).
- Pens, pencils, pencil crayons, felt tips, stickers.
- Flipchart and pens.
- Tables to work on.
- AV Equipment.
- Internet access for the Own My Life e-Hub.
- Own My Choices Traffic Light Laminates and pens.
- Copy of Reflective Evaluation (from WoManual page 83) with session preparation completed.

## Session Plan

1. Own My Self (15 mins)
  - a. As participants arrive give them time to make a drink and collect their **Own My Story journal**.
  - b. Begin the session by discussing in pairs “My favourite activity”.
  - c. Ask participants to feedback to the group. As they feedback, invite each person to say one thing they've been thankful for over the past week.



## 2. Own My Mind (15 mins)

- a. Draw a picture of a heart with the word “values” in it on the **flipchart**.
- b. Ask the group to offer suggestions on how they would define what values are. Write their ideas around the heart.
- c. Invite them to turn to Own My Story **pages 99 - 100** and identify their top 10 and top 5 values.
- d. Returning to the **flipchart**. Ask for ideas about how an abusive partner may undermine our values. Answers could include:
  - Encouraging us to lie.
  - Manipulating us into doing illegal stuff.
  - Turning us against our family and friends.
  - Wearing us down by going on and on until we agree to do something we believe is wrong.
  - Implicating us in illegal or unethical stuff.
  - Causing us to hate ourselves.
  - Demanding we agree with him.
  - Forcing us to choose him over our friend/family/children.
  - Using charm to get us to agree to stuff.
  - Threatening us or using violence or sexual abuse.
  - Pleading with us, suggesting they will be hurt if we don't do what they want.

- e. Invite them to turn to Own My Story **page 100** to explore the ways their partner or ex may have sought to undermine their values or cause them to betray their values.

## 3. Own My Body (15 mins)

- a. Play video: **8a Traumatic Attachment**.
- b. Ask the group to discuss in groups of 2-3 whether they recognise any of the video for their own lives.
- c. Feedback people's thoughts.
- d. Turn to Own My Story **page 103**.
- e. Invite participants to read the information about breaking a traumatic attachment and record their feelings and thoughts.

## 4. Break (15 mins)

## 5. Own My Choices (15 mins)

- a. Ask for 3 volunteers.



- b. Give each volunteer a **White Board Pen** and a set of **Traffic Light Laminates**:
- Volunteer 1: Road
  - Volunteer 2: Red Light
  - Volunteer 3: Green Light
- c. Read the following:
- Early in their relationship Claiborne began eroding Missy's confidence and isolating her from friends and family. Missy had grown up believing that she shouldn't have sex until marriage but Claiborne gradually coerced her into sexual activity. When Missy got a payment into her bank that was a mistake, she wanted to report it but Claiborne told her not to, that the money was theirs now. When Claiborne moved in, Missy wanted to inform the benefits agency but Claiborne told her she couldn't. She felt guilty and worried that she would be found out but Claiborne's bullying and mocking left her feeling unable to take action. Claiborne often makes Missy late for work or manipulates her into calling in sick. She hates lying and being unreliable but is scared of what Claiborne might do if she refuses to go along with what he wants.
- d. Ask for suggestions of actions Missy could take: Volunteer 1 writes these on the Road Laminates and places them on the floor.
- e. Ask for suggestions of obstacles Claiborne might use to sabotage Missy's actions: Volunteer 2 writes these on the Red Light Laminates and places them in front of the written on Road Laminates.

- f. Ask for suggestions as to how Missy could keep moving forward: Volunteer 3 writes these on the Green Light Laminates and places them in front of the written on Red Light Laminates.
- g. This exercise will show the group that:
- It is a deliberate tactic of an abusive partner to undermine our personal integrity.
  - It is hard to maintain our own integrity and we will feel really guilty, even though we either had very little choice or power.

## 6. Own My Relationships (15 mins)

- a. Turn to Own My Story **page 107**.
- b. Invite participants to complete the Singleness Quiz.
- c. If appropriate give the correct answers (found on Own My Story **page 200**).
- d. Discuss participants thoughts and feelings about the quiz in pairs, groups, or as a whole group.

## 7. Own My World (15 mins)

- a. Explain to participants that the video in this section has sexually sensitive still images in it and they may want to use extra self-care in this section.



- b. Play Video: **8b Adverts Hurt**.
  - c. Invite participants to discuss their thoughts about the objectification and sexualisation of women.
  - d. Turn to Own My Story **page 110** and give participants space to write or draw their thoughts on this.
8. Own My Feelings (10 mins)
- a. Explain that what we are experiencing can be so confusing and consuming that we never stop to consider how we feel. This part of every session is about participants having the chance to define their feelings and have space to make notes and record their journey.
  - b. Own My Story **pages 176 - 177**.
  - c. Invite participants to identify their feelings and sensations, and make notes.
9. Final thoughts (5 mins)
- a. Invite participants to stand in a circle.
  - b. Ask everyone to pause for a moment and think of between one word and one sentence to sum up their thoughts about the session.
  - c. Share your word/sentence and then go around the circle with each participant sharing their word/sentence. People can pass if they'd rather not.
  - d. Explain what the following week will focus on.
  - e. Remind participants of the email address they can contact you on during the week.
  - f. Invite participants to put one of the laminated emoji options in the evaluation box before they leave.
  - g. After participants have left finish completing your copy of the Reflective Evaluation on WoManual page 83.