

Variations for Specific Exercises

Session 1:

Session 2:

THE VIOLENCE SPECTRUM – 35 min.

Variation:

Here is a variation on this exercise that can offer a more complicated experience of the scenarios from the book (or of ones you create). It could be used following the first approach, or it could stand-alone.

Create two lines in the room at right (90 degree) angles to each other. One line could measure violence while the other line could measure any of the following:

- Whether the person's action is helpful or not helpful
- Whether the person's action is justified or not justified
- Whether the participant would do it or not do it
- Whether the violence in the situation is personal/interpersonal or social/structural

You might think of another axis to try. After reading each scenario, ask the participants to position themselves in response to both axes and then debrief.

Session 3:

Session 4:

Session 5:

Session 6:

Session 7:

Session 8:

Session 9:

Session 10:

THE EIGHT STAGES OF SUCCESSFUL SOCIAL MOVEMENTS –
45 min.

In the readings the Eight Stages are presented. Paraphrase the introduction to this model. (One of the things that can be pointed out, among many others, is that this model offers a way of developing more clearly the Three Phases of Truth that were first presented in Session 6.)

Ask people individually or in pairs or triads (depending on how many participants there are) to choose one of the stages. Ask them to take a few minutes to think about how to dramatize or make their stage clear and visible to the others. It could be through a speech, silence, movement, etc. Then, beginning with Stage One, invite each stage to come forward and present this stage. (This could also be a growing “body sculpture” where each person comes forward, presents, and stays in position until everyone has come forward.) Afterward, debrief.

Then ask:

As we go through each stage, what “spiritual resources” have to be tapped? What fears overcome? What creativity needs to be mobilized? What faith needs to be nurtured?

Social movements aren’t simply a “map” or a “strategy” or a “model.” They face us with profound issues. And they are not stagnant. They are a pilgrimage from one reality to the next: joy and sorrow and anger and sacrifice and powerlessness and, sometimes, a sublime sense of connection and meaning.

Write the responses for each stage on easel paper. Add those responses to the canvas of learning and growing.