Telling Your Story

aka

‘Dr. Phil’

* Dr. Phil - Senior member of the group
* Storyteller - Rotate through the group until all have told their story
* Audience/Enlightened Witnesses - all those in the circle

Dr. Phil - establishes confidentiality, asks permission of the Storyteller to go forward with questions, informs the group as the protocol for taking questions (as he goes along or hold them to the end), asks the following question’s.

1. \*Describe the day of your offense, the crime itself, and the events leading up to it. Try to go into as much detail as possible.
2. \*\*How did the crime affect others? Include your victim, their family, your family, friends, and the community.
3. What happened to you as a result of the crime, emotionally, physically, and spiritually?
4. Why do you think this happened to you?
5. What could bring you healing?
6. Invites questions from the group if they have been held to the end.
7. Thanks the story teller, closes the circle.
8. Facilitator processes with the group how it felt to be Dr. Phil, the Storyteller, the Enlightened Witnesses.
* Sometimes the level of detail is TMI so you need to be ready to step in eg. woke up in baby mama’s bed … TMI skip to the part where you’ve brushed your teeth :O)

\*\*Often times they never see the community as the victim