

EXTREME EXPERIENCES GR♥UP



Everybody kindly welcome everybody and ask for a volunteer to read the relational agreements 5 minutes after the hour!

Intention of kindness. Our primary action together is acknowledging reality with the intention of kindness.

Confidentiality. We do not reveal the identities of people inside the group with people outside the group.

Our group is run by peers. We are doing this all together in mutual aid where no one is hierarchically superior to another. We are all volunteers helping to run a community for benefiting survivors!

No perpetration. Active perpetration in our group would take our group apart and benefit nobody. At the same time, we do not make divisions between perpetrators and victims in our group because many of us were born into conditions of being forced to harm, torture, and murder others.

Ongoing Access and reaccessing. For many of us organized abuse is not only in the past, but is active and ongoing. This is just reality.

Triggers. If you are here, it is likely that you are already triggered all of the time. When people have DID level trauma, triggering is just the normal state of the nervous system. The number of different things that can trigger functions and programming, by design, are pretty much impossible to avoid. While we seek to be skillful and respectful together, it is necessary that we also may be explicit and direct about our experiences because we have nowhere else to process any of this. We are cultivating community wherein reality is not ignored, but is observed, engaged, attuned with, and responded to—while individual members maintain their own agency in terms of contact with traumatic and disturbing material. Now, is there another volunteer who can read the rest of the agreements and sharing prompts for us?

Suicidality. If someone states that they are actively suicidal, we acknowledge this in the check-in and offer support throughout the meeting.

Deprogramming. Deprogramming begins with looking at what's happening in the inside world. It's about inside people and what happened to them and how they were forced to relate or not relate to each other. Programming is focused on kids not being able to share their reality with anyone else to ensure that kids don't get comfort, don't get seen, and don't get love. Deprogramming is when we go into our inner world which reflects what was done to us and we share it with ourselves and each other.

No comparison & no contrast. Actions of comparison and contrast are inherently isolating. Comparison may sound like: “at least you have...” or “I never got what you had...”. Instead, we make no assumptions about each other or ourselves. The function of our group is to connect and be visible to ourselves and each other, which comparison and contrast prevents. The nature of my experiences does not negate yours, and the nature of your experiences does not negate mine—rather, we are interested together in how those experiences have affected us. We seek to mutually recognize the reality of each other’s experiences and conditions.

Friendship and accidental or incidental hurting. When people come from organized and extreme abuse, perpetrators deliberately place splinters into any actions of friendship, love, or comradeship because friendship is the opposite of mind control, isolation, and horror. This means that every time a person tries to take an action of friendship they get hurt, and this makes friendship incredibly messy and difficult. The best way to do this is for us to look at each other in terms of our contexts and our intentions. Our intentions may be to love each other, protect each other, and be connected with each other—to see each other and to be seen. When we accept that all of us are going to make accidents; we can step back and see that these are accidents and not intentions. Accidents are unavoidable. Accidents are going to hurt; and they are going to create messiness and confusion. Many of us from this kind of abuse experience friendship as “I serve you without needs, wants, or boundaries.” Together we may practice friendship as “I want to see you as much as I want to be seen, and I want to understand your conditions and contexts as much as I want you to understand mine, and your happiness and my happiness are good friends.” That’s what friendship really is.

Sharing Prompts

What’s at the top of your head and heart?

Is there anything that you benefit from having contact on today?

Is there something invisible that’s helpful to make visible amongst friends who have a chance at seeing it?

What’s been difficult for you all this week? What’s been helpful for you all?

Everybody is invited to share now! After everyone has a chance to share, we will open the group for process time.

