

compassionate activism

Session 7 - Chat Log

17:52:13 From Jessamyn : Hello other early people :)
17:55:49 From Brittany Rea : Good evening!
17:56:12 From Sandra Kim : Hi everyone! Where's everyone calling in from?
17:56:54 From Mareena : Evening - Maryland
17:57:13 From Jessamyn : Toronto
17:57:26 From Ben : Hi! Madison, Wisconsin
17:57:29 From RFVega : Boulder, CO
17:57:33 From Maui Villapando : good evening from brooklyn
17:57:41 From Y'honatan : Hello, from Charlotte, North Carolina
17:58:14 From Brittany Rea : Ottawa, Canada
17:58:48 From Sandra Kim : Rockville, MD outside of DC
17:59:03 From Sandra Kim : How's the weather there? It's still chilly in the 50-60's in DC!
17:59:41 From Josette Souza : Hey all!
17:59:42 From Josette Souza : :)
18:00:57 From Sandra Kim : We're going to wait a couple more minutes and then get started soon!
18:01:18 From Mareena : Happy international day against homophobia, transphobia and biphobia!
18:01:27 From Josette Souza : Whoo hoo!
18:01:46 From Mareena : :)
18:02:56 From Josette Souza : josette@everydayfeminism.com
18:03:32 From Josette Souza : <https://zoom.us/download>
18:03:33 From aa : we did the breakouts 2 weeks ago, but I dont recall doing that last week
18:03:48 From Josette Souza : That's accurate :)
18:03:53 From Josette Souza : I think she said last time
18:05:20 From Jessamyn : Yay Mareena!
18:11:34 From Brittany Rea : Sandra, can you please repeat the question
18:11:37 From Brittany Rea : yea
18:11:56 From NLap : I can share
18:12:29 From Aurora : I've been doing a lot of posting on Facebook about anti-trans bathroom bills (I live in MA and a bathroom protection bill is hopefully passing soon). I still don't have the spoons to engage directly, though. I was wondering... how do you differentiate between coming up with reasons that appear valid to an oppressive group without taking the focus away from the marginalized group?
18:13:29 From Aurora : Their reality versus the reality of the group in question (trans* folx)

18:13:55 From Jessamyn : Aurora it's super hard when others' opinions impact your experience and safety :/

18:14:21 From Mareena : :(

18:14:56 From Sheila : What was helpful to me was the concept of the fantasy. Using it personally and with my clients. Luv this concept.

18:15:45 From RFVega : Great job, NLap!

18:16:43 From Jessamyn : I've mostly been engaging with myself

18:17:30 From Josette Souza : Oh no aurora you're frozen

18:17:51 From jillianmiller : I'm also having issue regarding the trans bathroom bills on FB

18:18:37 From Jessamyn : A really difficult family situation came up this week and I've been watching how everyone is dealing with it. It was especially hard for me to hear my mom's viewpoint. I did try to remember that I don't know what she means by what she says, and trying to see her reality.

18:18:41 From lorraine : Happily in Canada, our new government just introduced trans right legislation today!

18:18:53 From Jessamyn : Lorraine I saw that! :)

18:21:10 From jillianmiller : along those lines, I had to explain to my mother why BLM is important and that the daily trauma of non-white Americans is valid because she doesn't understand it. I did use the steps in a conversation this week and it worked.

18:21:34 From Jessamyn : wow that's awesome Jillian!

18:23:29 From Sheila : I also applied some concepts of the somatic work - re stepping into and exploring that feeling as a space... did the reverse got client to create a new space that was empowered

18:24:56 From Mareena : me also - I started with asking where he was coming from and he thought both groups were reacting. I didnt have the energy to argue the Trans side wasnt overreacting, but with this person who I knew was very concerned about the veterans and the high suicide rate.I pointed out that how Trans are treated contributes to high suicide rate and that there is a higher percentage of trans in the military. I asked him to at least consider before he post anything Trans related. he agreed and it seemed to make a difference.

18:25:49 From Mareena : re transphobic bathroom posts

18:26:48 From Sheila : Cool.... you are in my head right now....

18:32:15 From Laura Anne Haave : I have to go back to work right now, and I'm so sorry that I have to miss the rest of tonight's class! See you all next week.

18:32:38 From Josette Souza : Adios!

18:34:06 From Sheila : Dam.... my mind is fighting that....

19:05:05 From Josette Souza : <3 Love and strength to you Sheila

19:05:59 From Akila Richards : Thank you Sheila for sharing so generously

19:10:22 From Brittany Rea : This is very emotional

19:14:36 From Mareena : "I know that beneath the darkness that overtakes me at times, there is a place where I am radiant with the beauty of my own being." I like this affirmation by Belleruth Naparstek. Sheila's imagery reminded me of it.

19:15:03 From Mareena : Sheila you are doing great. <3

19:15:28 From Aurora : This is so incredibly powerful and moving. You are so brave to share with us, Sheila.

19:18:24 From Akila Richards : How liberating to watch you Sheila moving through your experience, healing up and transforming and being so solid in your journey. It was a joy to be a witness to your sharing

19:19:13 From Owner : hugs!

19:19:33 From RFVega : Hooray!! @ Sheila

19:29:15 From Owner : <3

19:29:18 From Josette Souza : Thank you Sheila!! What a gift you gave us all

19:33:34 From Sheila : Thks for all the support..... Love the saying Mareena...

19:34:25 From Maui Villapando : this is my first time here.. I'm glad i joined tonight.. that was amazing.. unfortunately, i need to go soon to study.. see u all online next wk.. take care.. sending love and healing..

19:35:20 From Mareena : tks :)

19:35:39 From Mareena : see you.

19:37:50 From lorraine : very cool Mareena!

19:39:01 From lorraine : sometimes our "best" is not really our best, if we really think about it.

19:39:58 From Jen : What I've found over the last few weeks is this is hard work. Just the accepting external reality takes a toll on me.

19:40:37 From Sandra Kim : How do you think they might have been relating to you? What did their toxic swirl feel like to you?
What the impact of that on you and your ability to receive what they were saying?
How did you relate to the other person in the situation? Identify your toxic swirl of make believe.
What do you think the impact of that might have been on the other person and their ability to receive what you were saying?

19:41:56 From Ashley Stephen : This was an amazing session, thank you. I'm so sorry but family stuff has come up. Best wishes!

19:42:10 From Aurora : Good vibes to you and your family, Ashley!

19:44:26 From Mareena : i agree with Jen and the toll

19:44:56 From Esther : sorry gotta go goodnight everyone

19:50:30 From Mareena : np

19:50:30 From Brittany Rea : Darn!

19:52:54 From Aurora : Sorry, I couldn't figure out how to move it... lol

19:53:10 From Brittany Rea : I thin once you click off the text, you cannot edit it

19:53:12 From Jessamyn : Mostly I realized how I withdraw

19:53:17 From Aurora : So, being called out on tone via respectability politics is painful, but also that calling out can sometimes come from a place of caring because we both have similar goals of caring

19:53:47 From aa : try calling in...

19:54:05 From Brittany Rea : Oh, use the eraser button in the annotation! that gets rid of the text

19:54:45 From Brittany Rea : (assuming that it has already been read)

19:56:31 From Brittany Rea : yes

19:56:36 From Brittany Rea : all good

19:57:13 From Brittany Rea : powerpoint

19:57:15 From aa : ppt

19:57:16 From Jen : power point
19:57:17 From Owner : powerpont
19:57:17 From Noelle : powerpoint
19:57:44 From lorraine : powerpoint but options tab is still there at the top
19:58:39 From aa : "I speak to be understood, not to convince you I am right. I listen to understand, not to formulate my rebuttal."
19:59:02 From Ben : i really like that!
19:59:12 From Owner : Love that
20:00:05 From Brittany Rea : I liked what Sandra said - healing has its own timeline. I think that is my take-away today
20:00:18 From Noelle : if we focus on our internal reality.. taking care of our own needs, our reality changes
20:00:58 From Noelle : We can only change what we can control
20:01:33 From Jessamyn : Agreed, Brittany
20:01:34 From Josette Souza : I like that Noelle!
20:01:40 From Jessamyn : right now it's not the timeline I want
20:01:41 From Brittany Rea : :)
20:02:24 From aa : it might be the timeline you need...
20:03:13 From Noelle : do we get this powerpoint as a printable version
20:03:14 From Jessamyn : aa it might
20:03:59 From Josette Souza : You get the file as a download on the site
20:04:09 From Noelle : thank you josette
20:04:13 From Josette Souza : You should be getting emails with each video - let me know if you don't!
20:04:29 From Josette Souza : Those emails have a link to the site
20:05:56 From Brittany Rea : yes
20:06:16 From Jen : now I'm hungry!
20:06:21 From Josette Souza : hahaha me too!
20:06:29 From Akila Richards : Mangoooooo
20:06:34 From Brittany Rea : pizza
20:08:59 From Jen : very powerful stuff! During coaching I got in touch with my younger self and now is like she's with me during the day and acknowledging her pain is easier and I can hug her whenever she needs it, instead of just ignoring her
20:09:17 From Jessamyn : Jen that is beautiful
20:09:21 From Jessamyn : I'm working on that
20:09:53 From Akila Richards : Building the muscle of honouring yourself - beautiful motto
20:10:20 From Jen : @Jessamyn thanks! I needed it, but it is hard work too. Life feels like a little too much right now, but I know how to keep going now
20:10:41 From aa : healing has its own timeline
20:10:51 From Noelle : Be patient with myself
20:10:59 From Josette Souza : Not about changing others
20:11:12 From Aurora : I need to prioritize self-care, including not taking the toxic swirl of someone else personally
20:11:24 From lorraine : its about taking care of myself and treating myself like I matter

20:11:25 From Noelle : ^^ yes!
20:11:27 From Jen : ditto, building the muscle of honoring myself
20:11:54 From Akila Richards : taking myself even more seriously and stepping
back to reflect
20:11:57 From RFVega : Yes!! @ Aurora
20:12:01 From Mareena : it's not about getting them to stop, it's about you taking
care of yourself and treating yourself like you matter
20:12:11 From Jessamyn : what Mareena said
20:12:39 From Akila Richards : Yes Mareena, love it
20:12:45 From Noelle : Just like we have to meet others where we are, we have to
accept where we are on our path as well :)
20:12:52 From Noelle : thank you, Sandra!
20:13:01 From Mareena : thank you
20:13:30 From Brittany Rea : Thank you Sandra, Josette and Sheila :)
20:13:39 From Noelle : You too Josette!
20:13:43 From Josette Souza : Byyyye!