

TOPICS DISCUSSED – Aug

The Event

- Complacency shattered
- Turmoil
- PTSD Symptoms
- Effects
- Results

Contemplation

- Time to think
- Coalescing of ideas and experience
 - Education - intellectual understanding
 - Meetings with psychologist
 - Vocalization of experience
- Development of perspective
- Acceptance
- Deep understanding
- Motivation

Decision

- Reveal self/secret
- Courageous
- Take action
- Inspired others

Activism

- Inspired by personal trauma/transformed into positive action
- Spurred by passion
- Refusal of passivity
- Result of a process
- Defines me

Creation Mind Matters

- Haven
 - Empathic understanding
 - Stories exchanged –
 - Stigma
 - Isolation
 - Feeling different/flawed/broken/ill
 - Freedom to share/no judgment/no shame
 - Dialogue/ common language
 - Problems mitigated by group
- Intangibles
 - Respect

- Trust
- Acceptance
- Fulfills need to belong

Mental Illness as the Unifying Force

- “Same story”/different characters
- Participants in group
 - Surprises
 - Public faces vs membership in group

Me

- Mindset
- Roles taken
- Character traits exhibited
- Positives
- How I changed

Additional Ideas (to weave in or not)

- Group Members- Strange bedfellows?
 - Shakespeare *The Tempest Act II, Scene 2*

Trinculo: Legg'd like a man! and his fins like arms! Warm, o' my troth! I do now let loose my opinion, hold it no longer: this is no fish, but an islander, that hath lately suffer'd by a thunder-bolt.

[Thunder.] Alas, the storm is come again! My best way is to creep under his gaberdine; there is no other shelter hereabout: misery acquaints a man with strange bedfellows. I will here shroud till the dregs of the storm be past.

- Atticus Finch's advice to Jem and Scout – “You never really understand a person until you consider things from his point of view...until you climb into his skin and walk around in it.”
- Margaret Mead – “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”
- Barack Obama's words on the Narrative 4 site

-