

Additional examples of Ways to do work/actions:

- 1) Change seats (sit in the seat of someone you need to confront, to see their perspective)
- 2) Step aside (as you make truth or lie statements), or as you let something go
- 3) Speak to an empty chair as though it was a person
- 4) Use a mirror to see yourself: as you really are, as a wise women speaking, as a hurt women expressing her pain, to see Jesus in herself, etc.
- 5) Picking up burdens or problems; then putting them down, letting them go, giving them, throwing them away, etc. Can use weights, purses, pillows, books, etc.
- 6) Pick up objects and let them represent specific concerns. Name them. Then get rid of them.
- 7) Use objects as useful and positive messages as well, for taking in and grounding.
- 8) Write positive messages, affirmations, and truths on notecards as the women states them. Give them to her as part of her grounding to help her retain the God messages.
- 9) Being wrapped in a blanket (if requested or consented to) to comfort, feel protected, to cry, to feel secure as part of grounding
- 10) Dance! Move! Jump up and down, in either joy or anger. Run up and down a stairway. Lie down, stand up, sit down, turn from dark to light, turn from lies to truth. Push against a wall.
- 11) Use a staircase to move up to the top (moving up to victory), or vice versa (to empty pain out, then get on level ground to claim the truth).
- 12) Be creative in role play. Assign one or several persons a role, especially if there are similar triggers coming from several people.
- 13) Have that person/persons reflect, so you can hear all your words clearly.
- 14) Or do not allow them to speak, so you will not be interrupted.
- 15) Use clearing or conversation to speak to someone
- 16) Walk a gauntlet—of ideas or people
- 17) Use a blanket or a wall to form a barrier
- 18) Anger work with pillows, a rolled up towel to make a “soft bat”, a racket used on a pillow
- 19) Make a line on the floor to cross over—to escape pain to move to healing
- 20) Use coats or scarves to “tie” or “bind” a women (gently! And with permission from her to do so. She will unbind herself when ready in her work).
- 21) Celebratory steps to victory, great progress, etc
- 22) Your creative ideas here. Just always remember safety and a woman’s permission.
- 23) Role play a trial, as you accuse yourself; God is the judge, Jesus is the advocate.

Tips for facilitating work:

- 1) Use the Facilitation Guide from the SC Resource Notebook
- 2) Use her own words reflected (or paraphrased) back to her (her own truth)
- 3) Possibly ask “what do you want for yourself” as she begins her work. Or “what will be different if you have this?”
- 4) Pray with her with short, concise words: for example, “Lord guide her heart, mind, and will. Let Your will be done, as you guide her to your Truth and Healing. “
- 5) **Listen to what she says for Key Words**, about pain, or actions. For example: let go, give up, get through, put to rest, hand over, tired of...”
- 6) **Watch for a shift**: in her body language, her face, her voice, her tears, etc.