

SESSION 12: MOVING FORWARD WITH PURPOSE

What will your life look like in the future? How will you make a happy ending out of your story?



PRACTICE DEEP BREATHING

Start class by practicing the deep breathing method discussed on page 28.

INTRODUCTIONS

Last session we talked about seeking justice and living with injustice.

- *Did anyone find some helpful resources?*
- *Did anyone reach out to help someone who could benefit from your experiences?*

BEHIND THE SCENES

In many scenes in the movie, we see Brooks and Leslie looking out from behind bars. Though they are on the right side of the law, in many ways they are imprisoned by their pain and regret. Do you ever feel trapped by the sorrow in your life? If so, how are you going to break free? How are you going to live a meaningful and rewarding life? *If you could write the story of your life, what does the future look and feel like?*



MOVIE CLIP – *Play Session 12: Moving Forward with Purpose*

As you watch this clip, look for what is different about Brooks in this scene than what you have observed in other scenes.

THINK-PAIR-SHARE

[First, write responses to the questions below (*think*), then share your responses with a partner (*pair*), then discuss the questions as a group (*share*):

- 1) In the movie clip, what does Brooks say to the reporter Nicole? How is he different in this scene than in other scenes in the movie? (*Look for facial expressions, body language, and voice tone.*)

- 2) Why do you think Brooks says to Leslie: “It’s not my fight anymore”?

- 3) What do you notice about how Brooks and Leslie interact in this last scene compared to previous scenes? (Look for eye contact, body language, tone of voice, and proximity.)
[HINT: In previous scenes, the director (Paul Brown) instructed the actors playing Brooks and Leslie to rarely if ever make eye contact.]

- 4) Most people like movies to end with a happy ending. Do you think this was a happy ending for Brooks and Leslie? Why or why not?

- 5) What would a “happy ending” look like in your life?

CLASS DISCUSSION

Laurence Gonzales, author of *Deep Survival*¹¹ and *Surviving Survival: The Art and Science of Resilience*¹², has spent time with dozens of individuals recovering from traumatic events. He has studied their reactions from the point of trauma to years after and found common characteristics among those who exhibited the greatest sense of peace and success after trauma. In his research, Gonzales identified 12 steps that helped people move from trauma to reaching their personal long-term goals.

Read over the list and check off any that you feel you are successfully accomplishing.

12 Steps Toward Successful Recovery:

- 1. Perceive and believe.** Do not deny trauma.
- 2. Remain calm.** Acknowledge fear, rage, sadness, but use those emotions to move into recovery mode.
- 3. Think, analyze, and plan.** Identify attainable goals.
- 4. Act on your plan.** Move from thinking to doing.
- 5. Celebrate your success.** Acknowledge your progress and celebrate achievements.
- 6. Count your blessings.** Look around, look inside, and be grateful.
- 7. Play.** Have fun. Laugh out loud. Spend time with friends. Join a team sport or another enjoyable activity.
- 8. Give back.** Seek others who need your help and could benefit from your strengths.
- 9. Take control of the situation.** Don't blame others or complain, but own your situation and believe you can succeed.
- 10. Surrender.** Let go of your fears and move forward.
- 11. Do whatever is necessary to reach your goals.**
- 12. Never give up.**

Discuss:

- ***Which items could you check off? Which do you feel you are accomplishing?***
- ***Which areas do you need to improve upon?***

¹¹Gonzales, Laurence. (2004). *Deep Survival: Who Lives, Who Dies, and Why*. New York, NY: W.W. Norton & Company, Inc.

¹²Gonzales, Laurence. (2012). *Surviving Survival: The Art and Science of Resilience*. New York, NY: W.W. Norton & Company, Inc. (More info available at www.deepsurvival.com)

Read over the chapters of this guide (below) and check any you feel you have improved upon during your time in this class:

- Session 2: Finding Commonalities (with other victims of trauma)
 - Session 3: Grieving Loss
 - Session 4: Awakening to a New Reality (overcoming numbness and living fully)
 - Session 5: Fighting Back Memories (flashbacks and nightmares)
 - Session 6: Sleeping Well
 - Session 7: Rebuilding Relationships
 - Session 8: Assessing Coping Strategies (and choosing healthy strategies)
 - Session 9: Overcoming Blame
 - Session 10: Going Face-to-Face (letting go of anger)
 - Session 11: Seeking Justice (and living with injustice)
 - Session 12: Moving Forward with Purpose (and planning for your future)
- ***Does anyone want to share what they've learned from this class? Which ones do you think you've improved on through these sessions?***

ROUND ROBIN APPRECIATION

Sometimes it's easier for others to see your strengths than for you to see them in yourself. To help reflect on our sessions and prepare for the homework, we're going to do a "Round Robin Appreciation." Start by focusing on the person to the right of the group leader. Anyone who feels moved to do so—share one thing you appreciate about that groupmate and/or how that person has been helpful to you in this class and the recovery process.

HOMEWORK

In *The Amendment*, the movie ends with Brooks reuniting with his sister. In real life, his happy ending continued. He remarried, has two children, and continues to work for victims' rights and recovery. Leslie too has gone on to have two children and a successful career in education.

If you were to write your life story, how would it end? Use Handout 12.1 to write a happy ending for your life. In the next class, you will share your plans for the future.

**Look ahead to *Session 13: Celebrating Together* to make plans for your class graduation.

*** Please complete the complete the Class Evaluation Form on page 101.***

HANDOUT 12.1: WRITE YOUR OWN HAPPY ENDING

If you could write a happy ending for your life, what would it look and feel like? Use the outline below to project what you are looking forward to in the future.

- 1) Tell us about your main character—you.
 - What is your name and why are you named that? (You can use your regular name or choose a name that is a better descriptor of you.)

 - What are five positive character traits that best describe you? (example: funny, responsible)
 - 1)
 - 2)
 - 3)
 - 4)
 - 5)

 - What is your kryptonite? (Kryptonite was the one thing that made Superman feel weak and powerless.)

 - What strengths do you have that can overcome your weaknesses? (Example: determination, family support)
 - 1)
 - 2)
 - 3)
 - 4)
 - 5)

2) Who are the other main characters in your story? Tell us about their strengths and personalities.

1)

2)

3)

3) Tell us about your goals for your life. What do you plan to accomplish in your lifetime?

- Professional goals:

1)

2)

3)

- Personal Goals:

1)

2)

3)

4)

5)

4) What is your plan for accomplishing these goals?

- Professional goals:

1)

2)

3)

- Personal Goals:

1)

2)

3)

4)

5)

5) What could try to keep you from accomplishing your goals?

6) How do you plan to combat anything that would keep you from accomplishing your goals?

7) Through writing or drawing, show us what your happy ending will look like on a separate piece of paper. What will you look like? How will you feel? What will you be proud of? Who do you want to be with you? What will you have contributed to the world and others? What will you be grateful for?

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