

# The New Reality Training Exercise: Envisioning a Transformed Future

This exercise helps generate creative thinking about the qualities and characteristics of a world in which women are safe from violence and abuse--a world that reflects a "New Reality." The exercise will help participants express their vision of the kind of world we are striving to create through our work to end domestic violence.

## Instructions

To prepare for this session, tape a very large piece of rolled paper (about 6-8 feet long) on the wall. In large letters print at the top in bright colors, "Qualities and Characteristics of a Safe and Just World." Be prepared with enough colored markers for each group member.

For this exercise, it is best to have a facilitator guide the group through the visualization. This allows the participants to fully experience the exercise. Allow approximately ten minutes for the visualization plus time for the participants to share their vision. Ask participants to make themselves comfortable, stretch out on the floor if they like. Explain that they will be taking a guided journey over the next few minutes. While the participants relax, the facilitator reads the "New Reality" script. The facilitator might play soft music in the background. Mention that individuals may experience deep emotions doing this exercise.

When the visualization is over, the facilitator asks participants to pick up a marker and proceed to the wall chart to express in words, symbols, or images something about their journey. Ask each person to remain silent throughout the entire exercise. After everyone has put something on the wall chart, ask individuals to share what they put up on the chart and why.

## Script for New Reality Exercise (to be read slowly and softly)

*During this exercise, we are going to take an imaginary journey to experience what the world would be like if each one of us were safe, respected and treated with dignity.*

*Get comfortable. See that your body is comfortable. Take several deep breaths. Let go of all thoughts in your mind. Relax.*

*You are about to begin a journey that will take you into a whole new world. It is an exciting, vibrant place to live, a world full of promise, inspiration and vitality. It is a world where women*

*and girls are safe. A world where children are safe. A world where violence against women and children does not exist. A world where men and women are allies in an effort to end oppression. A world where gender, class, race, sexual orientation and all other "differences" are not reasons to dominate others. A world where everyone is treated with respect and dignity. A world where justice and peace exist for all!*

*For a few moments, allow yourself to be in this world. (Pause for a few seconds.) Take note of how it looks, feels, sounds and smells. Is it busy? Is it quiet? Is it dark? Is it light?*

*Now, see yourself walking outside enjoying nature. Take in all the sights and surroundings. Are you by yourself? Is the area isolated or are there others around you? How are things different now that you are in a place where women are respected and valued?*

*See yourself walking downtown. What images do you see in the store windows, in restaurants. Browse through the bookstore. What do you see that tells you that this community is safe for women?*

*Now, see yourself arriving home. Is there someone there to greet you? If so, is anything different about that interaction because you are living in a new world?*

*Finally, as you climb into bed, reflect on your day living in this new reality. What was most inspiring? Most satisfying?*

*Take a moment to come back.*