



Conversations at Home

The Spokane Trauma & Violence Map



- 1) **Take a look at the Systems Map with your family.** Visit the Priority Spokane website at priorityspokane.org and click on “Explore Spokane County’s Trauma And Violence Map” to view [the system map](#). Click on a loop to review the loop-specific description, examples and stories from partners and those with lived experience. The complete report, which is also available on priorityspokane.org, includes this information in a downloadable document.

- 2.) **Understand how loops work.** Can you think of loops that exist in your life? Have your family identify their loops. Example: *Susan wants to work out but doesn’t because she feels tired. When she’s tired Susan likes to eat popcorn and watch TV. When Susan eats popcorn and watches TV she feels even more tired. When she’s tired she doesn’t feel like working out.* This is an example of what’s called a “Vicious Loop.” There are also positive Loops called “Virtuous Loops.” Can you identify both in your own life?

- 3.) **Start a conversation.** Have your family discuss their own experiences in relation to the map. Use the following discussion questions to help encourage the conversations.
 - a. **Which loops made you feel happy or encouraged? Why?**
 - b. **Which loops made you feel angry? Why?**
 - c. **Which loops seem to tell a story that was familiar to you?**
 - d. **Where does your (our) story show up in the map?**
 - e. **What patterns are we falling into that are supporting or undermining our resiliency?**

- 4) **Determine what patterns are ready for change.** Once you and your family has revealed their patterns, look for easy ways to begin breaking free and creating new patterns?
 - a. **What patterns have we as a family fall into that hold us back from increased resilience?**
 - b. **What might be the hardest pattern to change?**
 - c. **What new pattern do we want to create?**
 - d. **What have we talked about in the past as ways we might want to change?**
 - e. **What have we done to help get us free from some of these patterns holding us back? why have these been successful?**

- 5) **Make a plan for change.** Once you and your family has revealed their patterns, look for easy ways to begin breaking free and creating new patterns?
 - a. **What is one thing we need to work on to help us create a new pattern of increasing resilience?**
 - b. **How do we address that one thing?**
 - c. **What do each of us need to do differently so we can be successfully as a family to address that one thing?**
 - d. **What support or help do each of us need in order to do our part?**

Join us in ending trauma and violence in Spokane County! Visit www.endtheviolencespokane.org