



Restorative Processes that Support Reintegrative Shame

“The problems that occur between people in community is not the problem, the problem is when we don’t have the mechanisms in place to resolve, repair or process the problem.”

Steve Korr

What are some of the mechanisms that help to resolve, repair or process through problems, especially those involving shame? What are the mechanisms that support navigating reintegrative shame? Reintegrative shame is the type of shame that one experiences when something wrong has occurred, and they are not okay but have a process of being okay and remaining connected to the community. Here are some of the restorative principles and processes that support working through this important type of shame:



Powerful Formula for Change

By focusing on connection and challenge we build a foundation for relationships that can hold and leverage reintegrative shame

an “I” statement
that
expresses emotion
and is
connected to behavior

Affective Statements

We need language that helps communicate impact, emotional expression and that teaches and encourages those experiencing shame to do the same

The Restorative Questions

For Those Causing Harm:	For Those Harmed:
What happened?	What happened?
What were you thinking at the time?	What did you think when you realized what happened?
What have you been thinking about since?	What impact has this had on you and others?
Who was impacted and how?	What has been the hardest thing for you?
What needs to happen to make things right/better?	What needs to happen to make things right/better?

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Restorative Questions

This is our primary process to move from the recognition of harm done towards making it right and being in right standing with the community



Responsive Circles

These structures lean into the power of the community itself to help process the harm and come out on the other side of the shame more connected and clear together