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

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

**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

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