

CONSCIOUSNESS-RAISING RULES AND TOPICS

Consciousness-raising, in which you will talk about personal experiences without broad analysis, will accomplish the following:

- Clean out your head
- Uncork and redirect your anger
- Learn to understand other women
- Discover that your personal problem is not only yours

Rules:

- In questioning a speaker, you are not to judge. Questions should be to the point and add to the discussion. Stick to the topic.
- No one leaves before the session is over.
- No one enters after it has begun.
- No one passes (i.e., skips their turn).
- Be honest. No 'gaming'.
- Don't interrupt or talk to your neighbor while a sister is speaking.

Three additional notes:

- The first meeting subject that works well for getting acquainted is: who are you, why did you come and what do you expect the group to be like?
- Each person should speak from her own experience and then everyone can try to summarize or comment.
- Topics should be chosen at the end of each meeting for the next week; something to think about.

Topics:

- Discuss your relationships with other women. Have you ever felt competition for men?
- Discuss your relationships with men as they evolved. Have you noticed any recurring patterns?
- Have you ever felt men pressured you into having sexual relationships? Have you ever lied about orgasm?
- Discuss your parents and their relationship to each other and to you.
- How do you feel about marriage, pregnancy, having children?
- Discuss your relationships with women in your family.
- Problems of socialization, growing up as a girl: were you treated differently from your brother?
- How do you feel about getting old (and your mother getting old)? What do you fear most?
- Sex objects--do you feel like one? If so, how? Do you ever feel invisible?
- Are you a nice girl? Is your smile like a nervous tic?
- What would you most like to do in life and what has stopped you?
- What do you most want this movement to accomplish?
- Homosexuality: Have you ever been physically attracted to another woman?
- How do you feel about relationships between black men and white women?
- How do you cop out? Are you your sisters' worst enemy?
- What enraged you most last week? Yesterday?

Additional topics:

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- Step 1 - Go around the circle, sharing experiences
- Step 2 - Generalize, analyze at the end of sharing
- Step 3 - Plan for actions to change society

It is important each time to go through all 3 steps