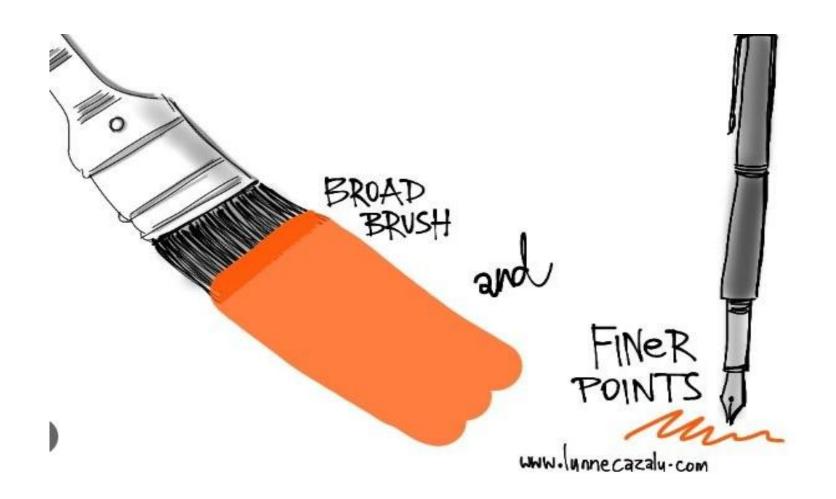
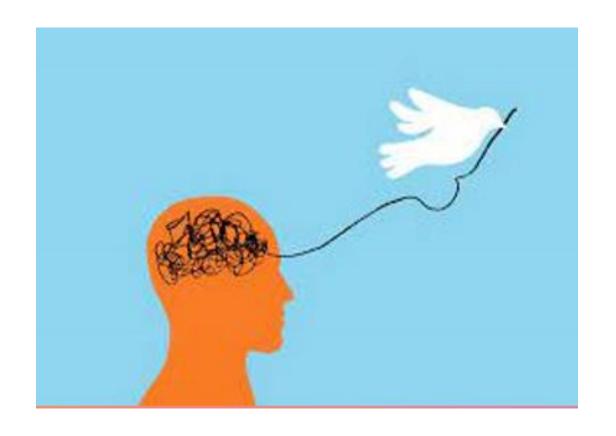
Humanizing Justice: Exploring Remorse and Empathy in Capital Litigation

Eva Buchwald, LCSW



The longest journey we can take is from our head to our heart.

-Sioux Nation



Writing Prompts

Let's practice what we ask of our clients

WHEN WAS THE LAST TIME YOU CRIED AND WHY?

WHO HAS BEEN KINDEST TO YOU IN YOUR LIFE?

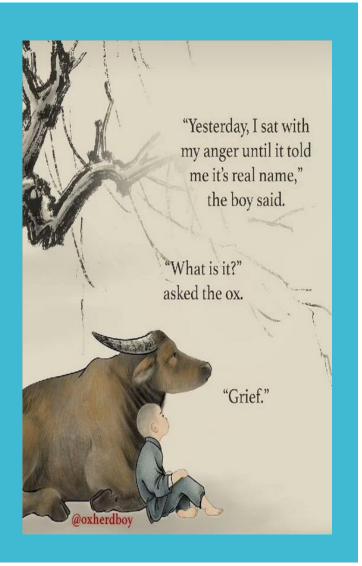
Great Questions

A SOURCE OF
GREAT JOY
IN YOUR LIFE.

WHEN DID
YOU FIRST
FALL IN LOVE?

#TALKINGTUESDAY





Loved Ones

- They didn't show any emotion.
- Don't they care?
- I want my loved one to be seen, to be remembered.
- I've waited 30 years to say this.

People Who Caused Harm

- My lawyer told me to keep my emotions in check.
- What could I have said that meant what I really felt?
- Maybe I really do have a black heart.
- I couldn't find the words.

VISUAL JOURNEY

Begin in box 1. Draw/write/create where you started in life or where you are now.
Then go to box 6. Draw/write/create where your life is now or where you want to go/grow.
Use the rest of the boxes to illustrate your journey from box 1 to box 6.
You can use this paper or a blank one if you need more space.

1.	
	6.

There is no greater agony than bearing an untold story inside you.

Maya Angelou





Imagine you could go back in time and sit down with your younger self.

What would you want your younger self to know?
What messages did your younger self need to hear that you can tell them now?
Imagine what your younger self would think about who you are today.

IF the younger me saw the adult me I think the younger me would cry and ask why are things always so bad For us?"

the younger me needed to be loved and have Family at home so he wasn't always alone and let to make decisions himself. Feed himself. Fend For himself.

they ask to prove yourself. I know you're

they ask to prove yourself. I know it seems

they ask to prove yourself.

I'm so sorry I wasn't able to help

you. I was to embarressed to admit

my fears of being criticized or

ridiculed that I refused to step out of

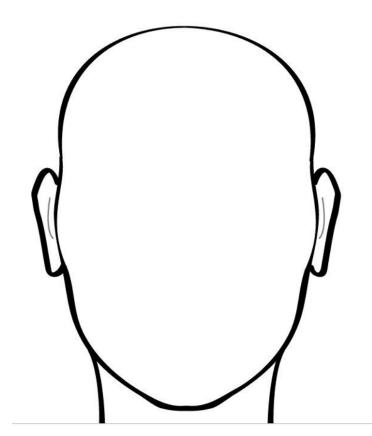
my comfort zone, and in the process you

were hurt.

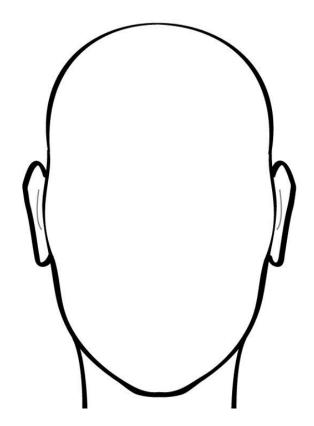
In order to have a conversation with someone, you must reveal yourself.

JAMES BALDWIN

Masks: the person seen and the hidden self. Draw/Write/Create
WHAT PEOPLE SEE WHEN THEY LOOK AT ME

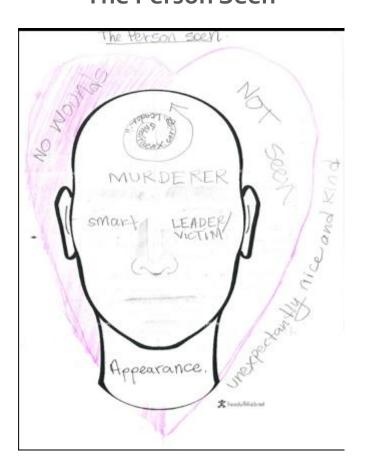


Draw/Write/Create
THE INSIDE ME THAT OTHERS CAN'T SEE

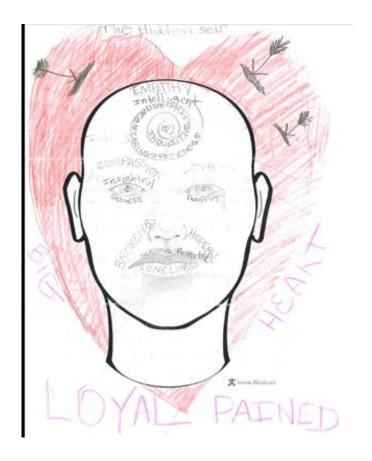


On this outline write/draw/create what you present to the world. Use what ever colors, shapes, words, symbols you want. As you are creating, try and keep track of what feelings and thoughts are coming up for you.

The Person Seen

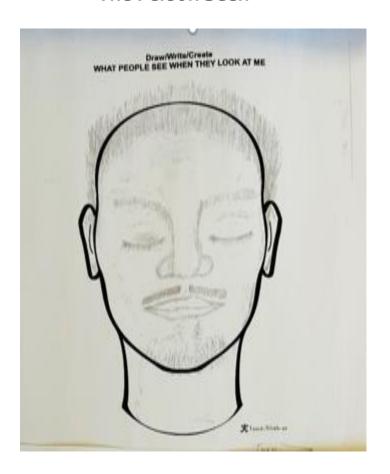


The Hidden Self

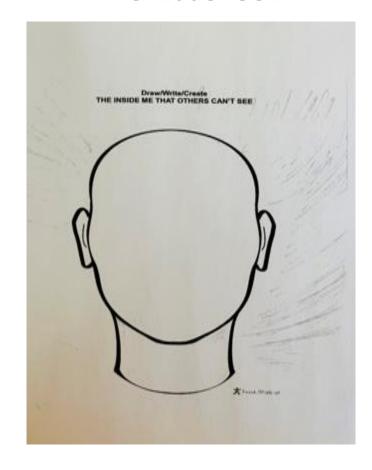


On this outline draw/write/create what people don't see, the parts of you that are hidden. Use whatever colors, shapes, words, symbols you want. As you are creating, try and keep track of what feelings and thoughts are coming up for you.

The Person Seen



The Hidden Self



Companioning:

* invites people to be their authentic selves. Alan Wolfelt

Accompaniment:

* a shoulder to shoulder stance of walking together. Jesuit practice



The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed to be seen, heard and companioned exactly as it is.

Parker Palmer