



# Deep Decolonisation Recovery Circles

*an inner led approach  
to social change*



## **Deep Decolonisation Recovery Circles - an inner led approach to social change**

The trauma of domination, superiority and colonisation have caused and continue to drive our most challenging crises at every level, from our bodies, through our relationships and our social structures. We need to be able to address this at every level to create lasting change.

**Deep Colonisation Recovery circles** are a way to connect personal, relational and social change and healing. They are places to bring together the personal and political, the inner and the outer, to generate recovery and healing for ourselves and our wider societies.





In small, supportive groups we meet regularly to learn about and practice personal and cultural decolonisation/detraumatization. These groups develop the safety and support to dig into and heal our personal and cultural trauma together, while also co-creating ways to make social interventions that will address wider social trauma.

There is no one way to do this - but one suggestion is - start simple: be quiet together and then divide the remaining time equally over one or two rounds. Speak from the heart and listen to others from the heart; don't interrupt; keep what's said confidential. And remember the power of space and silence - a whole round of silence could be just what's needed.



It can be useful to have a shared focus. If an idea comes up in the pre-circle chat, use that, or pick one from the list below. Use your turn to dig into: how has this been colonised in me? What might it mean to decolonise myself around this?

Keeping a growing understanding of both trauma and colonisation at the centre will keep the group working towards health and wholeness. Being gentle and empathic with ourselves and others while dealing with difficult areas will help us avoid overwhelm.

**Perfectionism**

**Play**

**Being/ getting it right**

**Professionalism**

**Addiction**

**Gentleness**

**Work**

**Land**

**Education**

**Sleep**

**Health**

**Conflict / fighting**

**Money**

**Death**

**Authenticity**

**Power**

**Dance**

**Appearance**



We are on the road to recovery together and will often make mistakes. Here's a good rule of thumb to check whether we're moving towards health or re-experiencing trauma/domination: healthy emotional responses move us (often through challenging territories of rage, grief, or fear) towards connection, fairness, relaxation and love - unhealthy ones don't.

Use the circle as place to practice, to build skills and strength that could help you to bring vulnerability, emotion, honesty, challenge and a decolonising awareness to places in your life which are not so safe and which don't yet have agreements around the need for deep change e.g. our families of origin, communities or workplaces.

Ongoing education is also crucial. There are many great books, websites and other resources that can help develop our thinking and practice. Here are some good places to start:

[Red Nation, Starter Culture, Gesturing Toward Decolonial Futures, Allyship and Anti-Oppression resource guide](#)

For more background see [this work in progress](#).



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