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KEY

Who: OP = online psychosociotherapist

KC = key client (innocence claimant) CS = champion supporter (proxy)

ST = support team member

Sp = sponsor

Anakelogical testable relationships:
The more or less of this or that,
the less or more of that or this.

E.g. 1, The more I drink water, the less thirsty I am.

E.g. 2, The more friends I can call on in a time of dire need, the more confident I can handle a crisis.

QUOTABLE

newterm defined

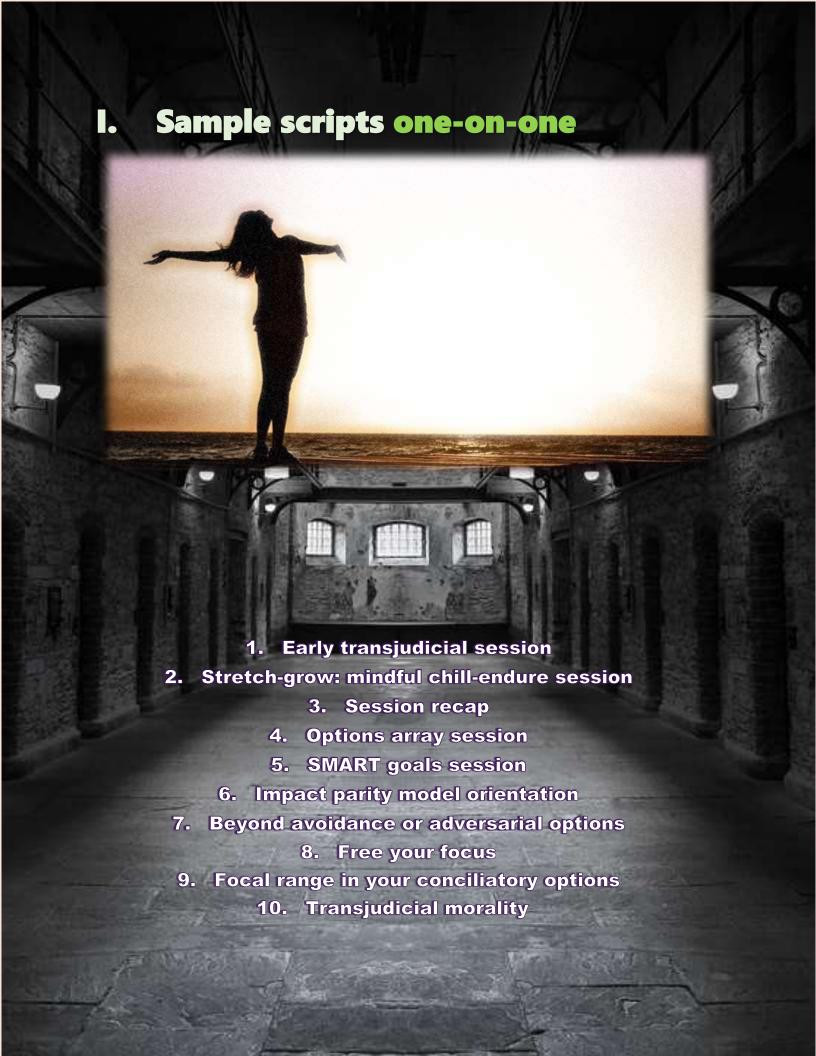
Anakelogy applied

Where psychosociotherapy is different from psychotherapy.

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This provides an envisioned exchange between psychosociotherapy provider and others involved in this psychosociotherapeutic process.

These sample scripts were written prior to any actual sessions transpired. As this new kind of support service gets under way, these sample scripts may be updated.



1. Early transjudicial session

- **OP**: Welcome to our third session together.
- **KC**: Glad to be back.
- **OP**: I think we've worked out the technical bugs in our connection.
- KC: Yeah, well, we'll see.
- **OP**: I wanted to follow up for you on how this service is different from traditional counseling.
- **KC**: Yeah, I get the idea that I don't have to do all the changing, like it's "all my fault" for "adjusting poorly" in my job.
- **OP**: Right, it's okay to expect your job environment to respect your specific needs, whether that's policy or not.
- **KC**: Cool. Last time I spoke to a counselor I felt I had to adjust to what I felt was a toxic work environment. One I've been stuck in for years.
- **OP**: Psychosociotherapy is not like psychotherapy. We're not trying to change you but help you change your situation.
- **KC**: But doesn't that encourage irresponsibility? That's what I was always taught.
- **OP**: Psychosociotherapy recognizes your responsibility to yourself is only as good as other's responsibility toward you.
- **KC**: You mean I don't have to adjust to a messed-up world? That I can help improve that world?
- **OP**: Exactly.
- KC: Then I'd like to see how I can improve my workplace environment. My boss snaps direct orders at me to do her bidding, but as an internally motivated worker, I can only focus from my own motivations to serve our customers.
- **OP**: Yes, that's exactly what this service is for.
- **KC**: It's not that I'm lazy or something. Which is the impression I get, that she assumes I'm only motivated by her harping on me. But just the opposite is true.
- **OP**: You find her pressuring you to be demotivating.
- **KC**: Yes, very demotivating. When demotivating me, it reinforces her false authoritarian belief. Sometimes I just want to quit, but it took forever to find this job!

Traditional psychotherapy focuses on change within the individual client. By contrast, psychosociotherapy focuses on change in client's relationships

Psychotherapy aims for relief from distress. Psychosociotherapy aims to resolve needs producing the distress.

Your responsibility to yourself can only be as good as other's responsibility toward you.

OP: Have you approached human resources about it?

KC: It's a very small company, so there's no HR to speak of. The owner's mother handles all hiring and promotion, when she finds time.

OP: You feel powerless in this situation, right, as you indicated in your intake form?

KC: Powerless, but also frustrated. Angry. And a lot of other emotions, but I digress.

OP: Feel free to digress here. Whatever you—

KC: Deep down, I guess I feel afraid. Yeah, afraid of losing this job when I'm still so vulnerable. I don't like admitting that I'm afraid, but, well, there you have it.

OP: According to what you shared in your intake, I sense you feel trapped in your current job, since it's the only job willing to overlook the felony from your wrongful conviction.

KC: Yep, you got that right.

OP: This process exists to help you break out of this trap.

KC: It's traumatizing to bring up, and I can't see me going through another job application process or job interview where I have to answer for a crime that didn't even occur!

OP: If you like, we can work on de-traumatizing that experience.

KC: I-I don't know. I'm just, like, uh, just...

OP: Afraid to face it all over again.

KC: Yeah, afraid. I'm still deathly afraid to go through that much pain, or to even tell my current employer how terrifying it is, lest they think I'm a liability and not give me as many hours, or even risk losing this job.

OP: Your fear is understandable. Fear tells you when you're faced with something you're not sure you can handle.

KC: Yeah, yeah, that's it, I don't know how I'd handle losing this job, if I risked telling 'em how I really feel. Wrongly convicted persons not yet exonerated have fewer rights. And it's not like I experience the state or law enforcement as kind to me.

OP: Understandable.

KC: Since maintaining my innocence, I feel like I don't see the law working on my side. You know, it was totally legal for them to convict me without corroborating evidence, so laws against workplace discrimination don't exactly protect me if they can terminate me too on a whim.

According to anakelogy, emotions conveys need with readiness to ease it.

To explore the client's emotions is to know and engage their affected needs.

Psychosociotherapy sees persistent emotions as likely from situations where client cannot access what they need Exclusively biopsychological factors can be ruled out once an external context like a power differential can explain the negative impact on need, normalizing client's distress.



OP: Laws exist to serve needs. But your specific needs as a wrongly convicted person get easily overlooked by an impersonal legal approach.

KC: No kidding.

OP: Value Relating helps you turn that around.

KC: I look forward to that.

OP: We help support your innocence claim, based on the evidence you and your supporters provide. Such as a copy of your trial transcripts, not to mention material you should've received from your attorney's discovery motion, such as lab reports, the arresting officer's notes, and any notes of the interrogation that led to your coerced confession.

KC: Yeah, that's what brought me here. All my exhausted attempts toward exoneration slams into the wall of their privileged self-righteousness.

OP: Well said. Their adversarial approach gets stuck on overgeneralized concepts of good and bad. As if they are the "good" guys who only arrest "bad" guys. But according to anakelogy, there is no good nor bad except for need. Morality is code for need.

KC: Yeah, yeah, I can see that. It just, y'know, really hurts to be officially categorized as bad, and everyone just goes blindly along with it.

OP: It's natural to feel a ton of painful emotions over it.

KC: Yeah?

OP: We'll do some exercises that expands your capacity to endure such pain.

KC: Exercises?

OP: Remember the *chill endure exercise* coming up in the *service plan*?

KC: Oh, right.

OP: I trust it will empower you to endure more in life, and hold out for better options, and no longer feel stuck in a job not right for you.

KC: Can't imagine that now.

OP: Being here, in this process, is a huge step in that trajectory. I can see you in your ideal job even now.

KC: Yeah? Can I borrow your glasses?

OP: [warm laughter]



There is no good nor bad except for need. Morality is code for need.

2. Stretch-grow: mindful chill-endure

OP: If ready to proceed, place the ice cube bowl next to you.

KC: Got it.

OP: By the way, you have nothing to prove to me or to others right now. No bravado. Drop the ice as soon as you feel it is intolerable.

KC: I intend to.

OP: As soon as you pick up and grasp the ice in your hand, I will start the timer.

KC: Okay.

OP: As soon as you drop the ice, I will mark the lapsed time.

KC: Yep.

OP: So as soon as you're ready, pick up and grasp the ice in your hand.

KC: K. [picks up and clutches ice cube]

OP: Now. [starts timer immediately]

KC: Ooh. ... Ahh. ... I'm trying to endure.

OP: Remember, you have nothing to prove to me. Drop it as soo—

KC: [drops ice cube into bowl] Didn't have to convince me twice.

OP: Okay, not bad. Seven seconds.

KC: That's all? Seemed a lot longer.

OP: That gives us a solid baseline to improve upon. Ready to try it again?

KC: This time you'll talk me through it?

OP: Exactly.

KC: Okay. [takes a deep breath] Now. [clutches ice cube again]

OP: [starts timer] Feel your body react to the cold.

KC: Feeling it.

OP: Feel your body warn you of possible harm, but you know this ice cube will not cause you frostbite.

KC: I do? Okay.

OP: You appreciate your body's warning system, but realize you're not in any real danger, as you continue holding onto that nonharmful ice.



KC:	[wincing] Holding, holding.
OP:	Because you can, you know you can endure more, much more than your warning system allows.
KC:	Uh-huh.
OP:	You know you are not really freezing, you know you—
KC:	[drops ice cube into bowl] Ahhh!
OP:	Good, good. This time you were able to hold out for twenty-three seconds, over a 300% improvement.
KC:	Is that longer than others held out on their first go at this?
OP:	What matters is how much you improve from your previous timings. Ready to step it up? You're doing great.
KC:	Just a second. [inhales a deep breath, then exhales] Now I am.
OP:	This time, you repeat after me. Start when ready.
KC:	[picks up ice cube again]
OP:	[starts timer] "I can handle this pain."
KC:	"I can handle this pain."
OP:	"This will not harm me."
KC:	"This will not harm me."
OP:	"I can handle its discomfort."
KC:	[wincing] "I can handle its discomfort."
OP:	"I admit it's cold, but not too cold to handle."
KC:	[struggling] "I admit it's cold, but not too cold to handle."
OP:	"I can handle this like any discomfort in life."
KC:	"I can, I can—" Like hell I can. [drops ice cube back into bowl]
OP:	Good. Fourteen seconds.
KC:	I lost time? That's not good, is it?
OP:	Not all progress is linear. Allow yourself some ups and downs in your journey, and then find your overall ride gets smoother.

3. Session recap

OP: Let's wrap this up now, as we only have a few minutes left.

KC: Okay, but, wow, I was just getting into this.

OP: Feel free to share more in your next email reply, if you want.

KC: Yeah, okay.

OP: Let's recap today's session in the time we have left.

KC: K.

OP: To date, you've invested \$100 in your development, including \$50 of your own resources, and \$50 from your key supporter.

KC: Thank you, Kelly.

OP: You've made modest improvement in your wellness scores, and taken a giant leap toward reaching your goal by sticking with these sessions. Any thoughts, questions, or concerns?

KC: Can't think of any right now.

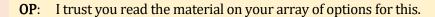
OP: You can always drop a line by email during the week. Keep your eye on that inbox for the next steps in this process. I look forward to doing this again next week, same time, same channel.

KC: Me too. Thanks, and good bye.

OP: Bye.



4. Options array session



KC: Yeah, just finished it about an hour ago.

OP: So it should be fresh on your mind, okay. Let's start with—

KC: Yeah, let's start with **avoidance options**. It was liberating to normalize my years of avoiding this.

OP: Right.

KC: I can see now how it's completely natural to avoid what's painful and not working. And it definitely wasn't working for me to keep writing to journalists to take an interest in my story.

OP: Glad it broadened your horizons.

KC: Yeah, and realizing **adversarial options** usually aim low, to *relieve* the pain of unmet needs. To be honest, it sorta added to my anger about the criminal justice system.

OP: Anger is your body's way of reporting what it cannot accept. And I can see how unacceptable this is to you, to simply ease the pain of the wrongful conviction while the underlying problems helping to create it are left to smolder

KC: Exactly. It's better to face the pain and work through it then let others entice me to keep avoiding it.

OP: So glad you're getting a lot out of the **Options** material.

KC: Yeah, now I see why you're shoring up my resiliency. Gonna need it.

OP: Yes, and it should get easier when we integrate your champion into this process, and start building up a support team for your *cause*.

KC: Yeah, I may need some help like that to stick to these **conciliatory options**.

OP: That's the idea.

KC: I'm still trying to wrap my mind around the idea of how resolving my needs removes my pain.

OP: Would you like us to take some ti—

KC: No, no, I look forward to figuring it out on my own, I'm almost there.

OP: Good, good.

KC: Now actually addressing the needs of those who wrongly convicted me, that's gonna take some time for me to buy into.

OPTIONS

AVOIDANCE ADVERSARIAL CONCILIATORY

Anger is your body's way of reporting what it cannot accept.

Traditional psychotherapy has a dient set personal goals as a private health matter. Psychosociotherapy supports

a client's "cause" to resolve a situational need, with the hope a solution helps others similarly situated. And helps those involved in solving the problem to create marketable value.

- **OP**: We'll get there, in due time. First, I—
- **KC**: No rush, good.
- **OP**: Yeah, I wanted first to be sure you understood where this could lead.
- **KC**: What do you mean?
- **OP**: I anticipate you facing resistance by entrenched judicial officials, who won't care you'll address their needs. Or admit they have such needs. This journey could get awfully bumpy.
- **KC**: I don't see it getting any worse. I'm in it for the long haul.
- **OP**: Do you have any contingencies, if you are never officially exonerated?
- KC: Do you?
- **OP**: Personally, I'm convinced I don't need their exoneration near as much as they need mine.
- **KC**: Wha—wow, really?
- **OP**: Yes, and that advantages me with confidence, to not jump at any offer which fails to address the underlying problems.
- **KC**: Even if they offered you, say, millions of dollars in compensation?
- **OP**: I cannot accept even one cent of any compensation I'm due, if it means complicity with this dysfunctional adversarial system. My integrity will not let me.
- **KC**: So, you're setting the bar higher than their legalistic options.
- **OP**: Sure. It's the taxpayer's money with the people's institution. That's my take. You may take a different view. But I wanted to instill this confidence in you, to accept nothing less than meaningful justice.
- **KC**: To be ready for a lot of "no's" before we get a "yes," if we get a *yes*.
- **OP**: Precisely. Together, let's make this conciliatory approach irresistible to those ready to resolve the underlying needs.
- **KC**: Then leave behind those who don't, no matter where they are in the judicial system.
- OP: Exactly.
- **KC**: Because to reach my goal, my *cause*, I must be ready to pursue those less pleasant options, all the way to **proactive offense**. Right?
- **OP**: That's the ultimate commitment. To even be ready to die for your *cause*.
- **KC**: I may not be there yet, but I can see me getting there with this service.

When you've nothing to buy, it's easier to give. When you're prepared to die, you're ready to live.

5. SMART goals session

- **OP**: In this session, we focus on your goal of exoneration. We'll—
- **KC**: I thought so.
- **OP**: —break down, yeah, this ambitious goal into reachable steps, ones you can start pursuing today.
- KC: Cool.
- **OP**: We had to first explore your options to fully commit to this conciliatory trajectory.
- **KC**: So that's why you had me learn to endure more, to get past settling for low hanging fruit options.
- **OP**: Yes, exactly. You're worth more than those avoidant or adversarial options.
- **KC**: Thanks for saying so. That means a lot to me.
- **OP**: Together, along with your growing support, we'll assert your compelling claim of innocence, one compelling step at a time.
- **KC**: So grateful I don't have to face this alone.
- **OP**: And I'm grateful to you for finding strong supporters. That'll make this process so much easier.
- KC: I hope so.
- **OP**: You did great on reviewing your stated objectives using the S.M.A.R.T. tool.
- KC: Thanks.
- **OP**: Each is specific enough, measurable, achievable, realistic, and even time-bound.
- **KC**: Good, 'cause I wasn't too sure about how the wellness measures fit in.
- **OP**: We'll have plenty of time to fit them in. Let's start with what we have.
- KC: Okav.
- **OP**: I don't want to take up valuable time here with my helpful feedback, so I hope we can move on as if you read my feedback and used whatever you found useful.
- **KC**: Yes, I did read it, and made some adjustments. I can send you my revised aims in a, uh—
- **OP**: Sometime this week, no hurry.

- KC: Good.
- **OP**: Now let's focus on that first objective. It's natural to be worried about posting the details of your case online, so that's why only those you grant permission will ever see those more troubling details.
- **KC**: I'm concerned someone who claims they support me will abuse my trust to use this information against me.
- **OP**: What do you fear the worst could happen?
- **KC**: Some media elite mischaracterizing me to boost their ratings, not to mention those innocence denier prosecutors with the power of the law to do me more harm.
- **OP**: I'm glad you raised these concerns. Thankfully, anyone seeing your details will have to register to the site, so we can track their behavior. And you have the option to withhold your real name until they are a paying supporter.
- **KC**: But the prosecutor has the law on her side. What can I do?
- **OP**: How about "what we can do together?" You no longer have to face this alone.
- **KC**: That's a relief.
- **OP**: So let's dig a little deeper into the Options Array.
- **KC**: Yeah, I need to go over that some more with you.
- **OP**: Let's start with the importance of resolving needs over passively serving laws. "While no one is above the law, no law is above need." Do you see how law exists to serve needs?

While no one is above the law, no law is above need.

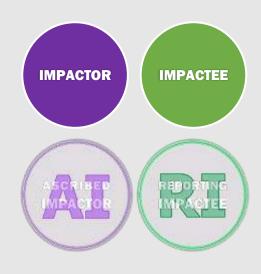
- KC: Uh, sort of.
- **OP**: This conciliatory approach transcends impersonal legal requirements, to personally resolve needs such laws were created for in the first place.
- KC: Mhmm.
- **OP**: We'll dare any public figure, prosecutor or media elite, to put impersonal laws over the personal needs these laws are supposed to serve.
- KC: Sounds ambitious.
- **OP**: The effort itself will demonstrate your overlooked value in life. They can either realize your respect for their needs and respond in kind, or be exposed for their disrespect of needs the law was created to serve.
- **KC**: They hate. But we love.
- **OP**: Perfectly said.

6. Impact Parity Model orientation

- **OP**: You're right to be angry at the prosecutor, for his role in wrongly convicting you.
- **KC**: I'm no longer bitter. But, yeah, I still feel angry for what he did to me and to my family.
- **OP**: While you're reasonably still upset, I maintain a professional impartial posture. To help you work toward a meaningful solution, I will use the **impact parity model**.
- **KC**: You were going to explain that to me.
- **OP**: Yes. The **impact parity model** provides a useful way to understand *power differentials*, and how they affect each other's needs.
- **KC**: Like my need for justice, powerless before an impersonal and yet self-righteous legal system?
- **OP**: You could say that. Power differential include "**impactors**" and "**impactees**." The impactor is the one powerfully influencing the impactee.
- **KC**: Okay, I see that.
- **OP**: But we're not rushing to judgment, so initially we have "ascribed impactors" and "reporting impactees." Or "AI" and "RI" for short.
- **KC**: Like "alleged perpetrator" and "complainant."
- **OP**: Sorta. Someone we see as an **impactor** can be an **impactee** under another's influence. We call this "upchain," but I digress.
- **KC**: The prosecutor can claim he's just following law.
- **OP**: Or driven by political considerations, which he must consider in order to save his career.
- **KC**: That's messed up.
- **OP**: Yeah, it is. The point here is that all of us are being driven by our human needs. "We are not governed by laws but governed by needs. We are guided by laws to serve those needs" but laws can never control our needs.

Impact Parity Model

Power differential: where one or more persons or entities in a relationship holds more influence than others in that relationship.



We are not governed by laws but governed by needs. We are guided by laws to serve those needs.

KC: The needs come first, independent of law.

OP: Yes. And according to anakelogy, *all needs sit equal before nature*. So their needs are not more important than yours. Nor are yours more important than theirs.

KC: It sure feels like it.

OP: Every wrongful conviction exposes their weakness, of unresolved needs. If they—

KC: They're weakness!?

OP: If they responsibly resolved their needs, they could be more responsive toward your needs, and toward anyone they've wrongly convicted. "The more your needs resolve, the easier to respect the needs of others."

KC: I'm trying to wrap my mind around this.

OP: Here's the thing. What if we helped them to be more responsive to your overlooked needs, and to the needs of others just like you?

KC: Create *value* for them, benefiting me?

OP: Yes! What if we helped them reached their presumed goal of justice by prioritizing for them the substance of justice? You see, in anakelogy "there's the illusion of justice; relieving pain for the winning side. Then there is the substance of justice; resolving needs on all sides."

KC: Oh, so they'd be fools if dragging their feet on this more valuable justice.

OP: Yes. And according to anakelogy, "there is no greater authority than resolved needs." So we dare them to pass on our offering, and take your *cause* straight to the people in need of a more valuable justice. You with me?

KC: If not now, I think I will be soon.

OP: Great.

All needs sit equal before nature.

The more one's needs resolve, the easier to attend to the needs of others. The less one's needs resolve, the harder to attend to the needs of others, as unmet needs prioritize attention for their own urgent relief.

There is the illusion of justice...

RELIEVING PAIN

FOR WINNING SIDE

Then there is the substance of justice...

ON ALL SIDES

There is no greater authority than resolved needs. All authority exists for easing needs.

7. Beyond avoidance and adversarial options

OP: Avoidance is not necessarily a bad option.

KC: No?

OP: It's often the best option for anyone stuck in a power differential. But it can't be an option for long, or pain builds up.

KC: Like in that article you sent me to read?

OP: Exactly. Take a look at your screen now, and let's walk through this.

KC: Yeah, I see a diagram with a line and some H's on the left forming some kind of scale.

OP: The H stands for homeostasis, for balance. Upward this scale means too much of something, causing pain that compels you to remove it.

KC: I see.

OP: Downward in the negative end means too little of something, provoking you to draw in something apparently lacking.

KC: Like desire, like thirst?

OP: Exactly. The line starts at homeostatic balance, to represent you have no need at the moment. No pain. No desire.

KC: Then something happens, something painful occurs.

OP: Yes. The line shoots upward. Now see the next image.

KC: The line goes back down, to where it started.

OP: Yes, back to equilibrium, back to balance.

KC: No more pain.

OP: Exactly. The pain gets removed when the body no longer must report something to be removed, once satisfactorily removed.

KC: I'm trying to picture this, to apply it.







OP: Think of how painful it's been for you to cope with the wrongful conviction.

KC: Very painful, yes.

OP: If you had been fully acquitted and they fully apologized and helped you get back to your former life, you likely would feel yourself back to equilibrium here. Right?

KC: Yeah, I guess. But that's **not** what happened.

OP: No, not at all. That takes us to the next image.

KC: The pain persists.

OP: Yes, but at a managed level. Instead of fully removing the cause of that pain, as illustrated by that line, you painfully adjusted to your new normal, your wrongful conviction situation.

KC: Sure did. Had to.

OP: You avoided further pain by doing whatever you had to do to survive day to day. Right?

KC: Damn right! Excuse me, that's my feelings leaking out again.

OP: That's okay, let 'em leak out. We're here to help you turn your avoidance around.

KC: Okay.

OP: You see in the next image how getting stuck on avoidance allows pain to pile up.

KC: Yes, yes. Like the pain of also being falsely incarcerated.

OP: But the adversarial option isn't much better.

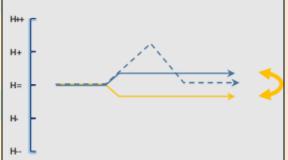
KC: No?

OP: Adversarial justice favors winners over losers in an arbitrary contest, and calls this justice.

KC: Sure does.

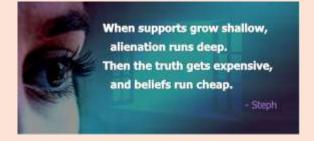
OP: But it can only *relieve* pain from the violence, and such pain relief often excludes resolving the very needs behind that violence—including your pain of suffering this violence of a wrongful conviction.

KC: Yes, yes, thank you.





OP: Consider the pain you felt that moment you heard you didn't get the promotion because of the errant criminal background check **KC**: I'd rather not, but I can think of it as holding a chunk of ice I now know cannot hurt me. Homeostatic failure → injury...death **OP**: Good, good. Now look at this image of the full **homeostasis spectrum**, from failing to function → suffer hurt, damage at either extreme and optimal functioning near Homeostatic pain → react now for relief the center. KC: Okay. → increasingly urgent H+ Homeostatic discomfort → act soon for relief **OP**: I acknowledge you have suffered coming close to these extremes, but right now you are able > respond eventually to function closer to the center. Right? H= Homeostatic equilibrium → enjoying balance **KC**: I suppose. I'm not exactly *enjoying* balance. > respond eventually **OP**: While safely nearer the center, capably functioning, H-I invite you to know all of your options. Homeostatic desire → act soon for relief KC: Yeah? → increasingly urgent H---Homeostatic craving → react now for relief **OP**: And then to commit to the conciliatory option to resolve your needs, to remove the causes of → suffer deficiency, impairment your pain. Homeostatic failure → deprivation...death **KC**: That seems too fantastic to believe. **OP**: Yes, but together we can get there. Together with the growing support of others. KC: Can't wait. **OP**: And yet you patiently are waiting. You're already on this meaningful path of owning your pain and doing something about it. KC: Yes, I am. Thank you. OP: Thank you.

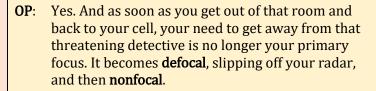


8. Free your focus

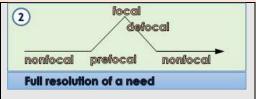
- **OP**: According to anakelogy, emotions personally convey needs. Emotions only exist to convey needs.
- **KC**: I can trust my emotions more if only I knew what they were doing, eh?
- **OP**: Yeah, and one way they convey your needs is to convey the need's apparent intensity.
- **KC**: You're talking about the focal cycle here, huh?
- **OP**: Yes. See the cycle on your screen? With four quadrants?
- **KC**: Yes. The focal-cycle.
- **OP**: Mhmm. Let's start at the top of that cycle.
- KC: Let's.
- **OP**: Before you were wrongly convicted and ever had any experience with the criminal justice system, you still had the need for the criminal law courts to treat you fairly. Right?
- **KC**: Right. Off my radar, though.
- **OP**: Exactly. That need remained "nonfocal" since it was not yet an activated need. It remained dormant.
- **KC**: Yeah, back when I was naïve about the cruelty of criminal justice, or so-called justice.
- **OP**: Then you were accused of something you know you didn't do.
- **KC**: I see, I see. **Nonfocal** turns to **prefocal**.
- **OP**: Your need for fairness awakens. But usually does not consume your full focus because other needs hold your current focus. Like your need for food, or to get away from a hollering investigator screaming at you to confess what he believes you did.
- **KC**: So, you're saying, my need for fairness was not fully focal because I experienced a more focal need to get out of that threatening situation? And perhaps that's how I was coerced into making a false confession.

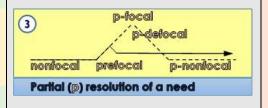


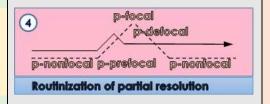


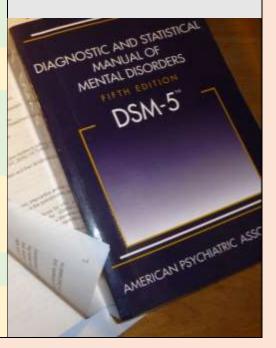


- **KC**: Yeah, I no longer experienced his threat so my need to get away from such a threat feels fully resolved.
- **OP**: Precisely. But your need for fairness does not fully resolve. It only becomes **partially defocal**. And only **partially nonfocal**. You adjust to a new normal, adjusting to a life of less fairness.
- **KC**: Ah, yes. My need for fairness becomes **defocal**, because the need itself will not got away. It still sits in the background, waiting for my full focus.
- **OP**: You got it. As long as your needs are not fully resolved, your emotions conveying your needs continue to pull at your attention. You get used to being in pain, to the routine of unresolved needs.
- **KC**: Oh, okay. Now I get what you we're saying before, how pain just piles up and never fully gets relieved by adversarial options.
- **OP**: Good, glad you can see that more clearly. Most adversarial options aim to relieve pain but does little to resolve the needs behind that pain.
- **KC**: Oh, so you're saying, if I got this right, that I could be stuck with piled up pain until needs resolve.
- **OP**: Basically. The wrongful conviction understandably fills you with anxiety, leaves you feeling depressed.
- **KC**: Makes sense. They diagnosed me with major depressive disorder. But you're suggesting I had trouble concentrating on anything because my unresolved needs prioritized my focus for me.
- **OP**: Exactly. The DSM-5 builds on the DSM IV's attempt to include external factors, like culture, to better understand depression. That it's not simply some chemical imbalance in your brain.
- **KC**: So, I shouldn't take antidepressant anymore?
- **OP**: What I'm saying is such meds are best applied proactively, as part of an overall wellness plan.





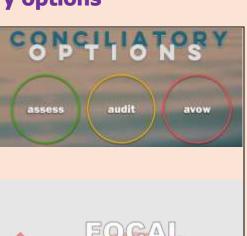


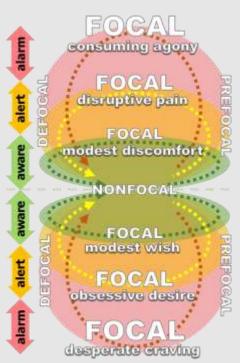


- **KC**: You mean like what we're doin' here?
- **OP**: Yeah. You may need such meds to ease the pain enough to focus on your needs at hand. That's why I had you sign off on info sharing, for what's called a business associate agreement with Dr. Lewis.
- **KC**: Okay. I'm just not sure about going against what psychiatrists like Dr. Lewis have said about taking these meds, possibly for the rest of my life.
- **OP**: Psychiatrists who keep up with the literature on depression can admit there is insufficient evidence for what's called *endogenous depression*. Which is to say there's no such thing as the brain suddenly suffering a chemical imbalance, no more than there is evidence for human spontaneously combusting.
- **KC**: That there is always some external factor involved?
- **OP**: Exactly. The chemical balances discovered in the brain can be explained by situations causing your need to *redirect* from such detrimental situations. In another words, all depression, like all pain, only occurs to express some painful need, some *thing* to be removed.
- **KC**: So by removing this injustice I can remove much of the cause for my depression?
- **OP**: That's the idea. According to anakelogy, depression is actually <u>redirection</u>. You feel a drop in energy to do much of anything when your body intuitively warns you it's not the best course for your life.
- **KC**: Suffering the injustice of a wrongful conviction definitely is not the best course for my life.
- **OP**: Of course it isn't. And if this conciliatory process sufficiently resolves your need, to remove any cause for depression, we're onto something great.
- KC: Yeah?
- **OP**: As your wellness scores show you improving, and your depression dropping, we expect to inspire others to take an interest, and even invest in your continued improvement.
- **KC**: Now that's something I can focus on!

9. Focal ranges in your conciliatory options

- **OP**: I know it's unlikely to be smooth going for you, once you start this conciliatory journey.
- **KC**: I don't expect it to be.
- **OP**: Good. The conciliatory options are broken down into three subsets, corresponding to the intensity of the needs you'll likely experience.
- KC: Oh?
- **OP**: You and your supporters will have opportunity to **assess** employers, and their background screening service providers. You simply make them **aware** of the need they are not serving.
- **KC**: Okay.
- **OP**: You give these employers and consumer reporting agencies the benefit of the doubt. You're **aware** they could ignore your free assessment, and continue excluding you from employment opportunities.
- **KC**: **Aware**, as in enduring *modest discomfort*, as shown here.
- **OP**: Yes. But after you give them a sufficient chance to respond to the need, you ramp it up. If they keep neglecting your rightful needs, you then **audit** their services.
- KC: Okay.
- **OP**: You shift from **aware** to **alert**, to increasing discomfort if they, those with influence over your life, fail to do anything about this wrongful conviction.
- **KC**: **Alert**, sliding into disruptive pain.
- **OP**: Yes. Up until now you told them you could waive your adversarial options, to build this conciliatory bridge.
- KC: Right.
- **OP**: But you're only human and can't wait forever for their respect for your impacted needs. You shift now from **alert** into **alarm** of the intolerable danger.





KC: Alarm, pushing me into the danger zone of consuming agony. So I may have to rely on some adversarial options for relief.

OP: Exactly. And they'll know it. We'll declare to them you're must address your needs before it's too late.

KC: That's when I avow to do what I must.

OP: Yes, while flexibly conciliatory. You can think of it like this. As illustrated here, your needs originally *oscillate* within a green zone of high functioning.

KC: Yeah, I get that.

OP: Your need for fairness at the moment is *nonfocal* or *defocal*. And does not yet disturb how well you can function in life, at the moment.

KC: Because it's on the backburner, right.

OP: But as soon as their disappointing response rubs salt into your wound, your *nonfocal* or *prefocal* need for fair treatment—for the substance of justice—shoots upward, into the yellow **alert** zone.

KC: I can see that happening.

OP: Except this time you're backed by a support team and you have strengthened your resiliency.

KC: Thank God. So tired of facing this crap alone.

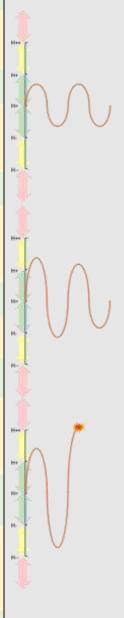
OP: By continually gaging your wellness, we'll know when you're too close to the danger zone. We'll know when to **avow** to address your needs with or without them.

KC: You mean my levels of irritation, depression, anxiety, and stuff?

OP: Yes, yes. All of those. By showing them they impact your wellness levels, we hope to show them how they can create real value for you and others like you, by simply acknowledging the need.

KC: And then take it from there.

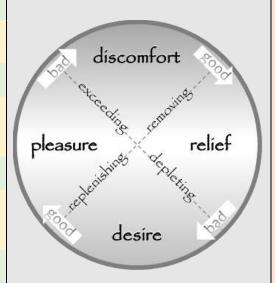
OP: Yes, to then take it from there.



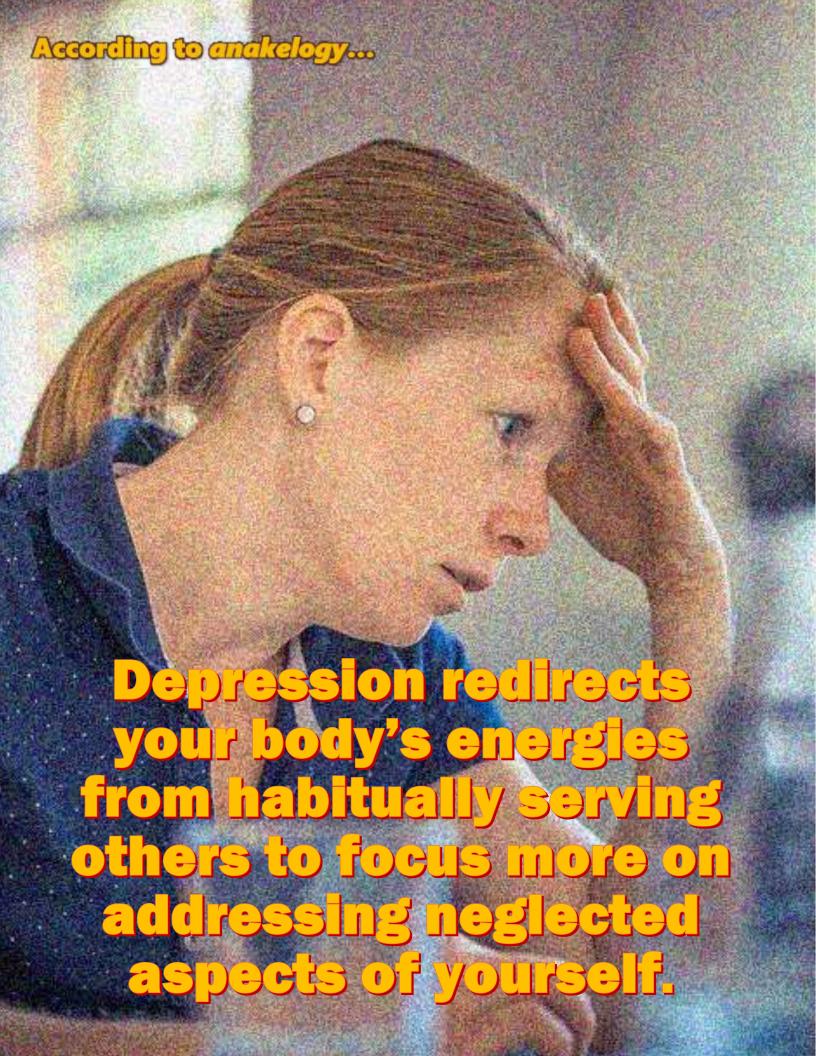
10. Transjudicial morality

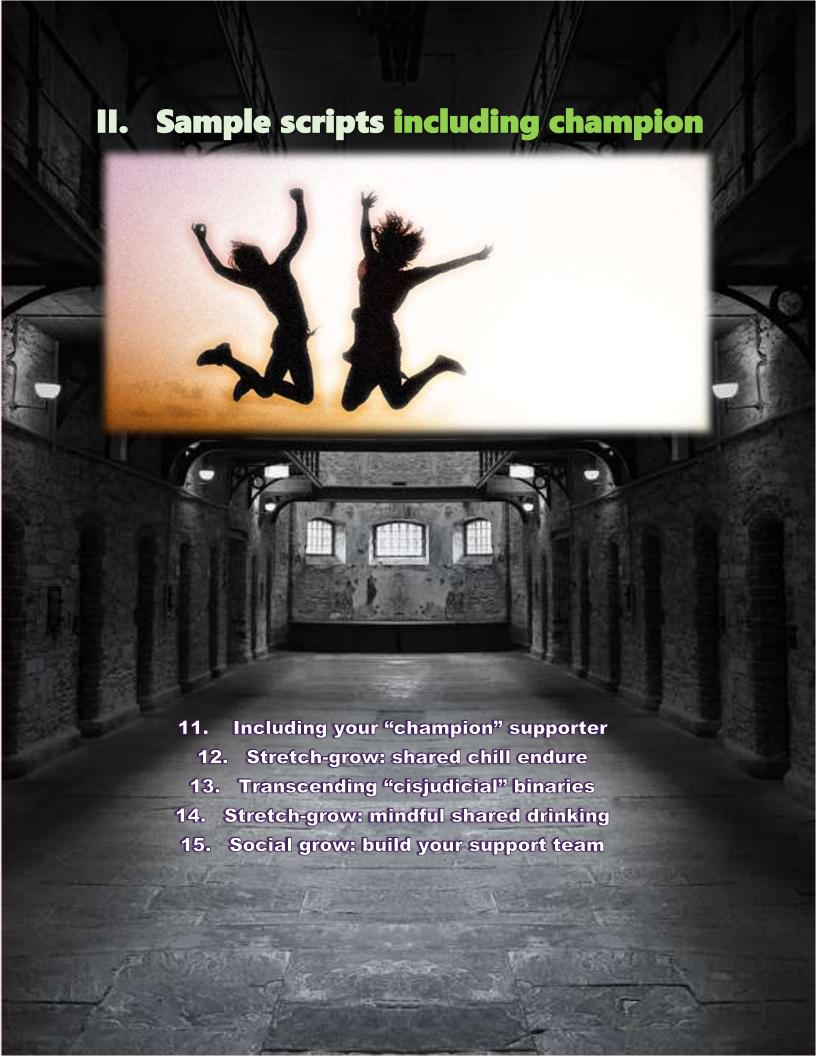
- **OP**: Yes, I said the judicial system exists to enforce laws without necessarily addressing the needs those laws exist to serve. There is little if any consequence if they are blatantly wrong.
- **KC**: And that's one reason why they have little to no accountability for the high volume of wrongful convictions. Yeah, I can see that.
- **OP**: Like I said earlier, in anakelogy "there is no good nor bad except for need." So let me illustrate this, okay?
- **KC**: Sure. I'm looking at it on the screen now.
- **OP**: Your typical need-conveying emotions fall into one of four directions.
- KC: Uhm.
- **OP**: One set of emotions report **discomfort**, to let you know there's too much of something that should be **removed** to function properly.
- **KC**: Alright.
- **OP**: One set of emotions report **desire**, to indicate there's too little of something that should be **replenished** to function properly.
- **KC**: Yeah. Can't have too much of something or too little.
- **OP**: After doing something about **discomfort**, there is a set of emotions to indicate the level of **relief**, so you can function or at least focus better.
- **KC**: And you're going to say this *relief* does not always *resolve* the source of that pain. Right?
- **OP**: No, not now, but I'm glad you just did. The fourth set of emotions indicate your level of **pleasure**, or *relief*, after doing something about that **desire**.
- KC: And if easing **desire** with substitutes that don't actually **replenish** what's necessary for full *functioning*, to *resolve* the need, that **desire** does not go *nonfocal* but perhaps *defocal*. Right?

There is no good nor bad except for need.



- **OP**: Well put. You want to teach this stuff?
- **KC**: No, not yet. I want to learn more.
- **OP**: So whenever we've *replenished* something to the point of feeling *pleasantly* restored, or *removed* something to the point of feeling *relieved*, we say that's **good**.
- **KC**: And not good when not sufficiently replenished or removed.
- **OP**: Well put again. And we say it's **bad** when feeling something is *exceeding* our functional limits or *depleting* something necessary to function.
- **KC**: What about saying something is *good* food just because it tastes good, but is actually bad for you?
- OP: Glad you brought that up. There's—
- **KC**: Glad I did too.
- **OP:** There's the word "good" as applied to aesthetic good, to characterize what's appealing.
- **KC**: Goooood food.
- **OP**: Yes. But according to anakelogy, that stems from finding an array of alternatives, of substitutes for when what's originally needed is not accessible.
- **KC**: This is starting to be too much to absorb. And this stuff matters because?
- **OP:** So we can demonstrate a better option over the relief-focused adversarial system. Because we're actually doing something to measurably resolve the needs reported by discomforts and desires the legal system poorly addresses.
- **KC**: Wow, this a lot to wrap my head around, so I'm going to need some time to absorb it slowly.
- **OP**: We'll go over some of this again as your supporters join us. Repetition should make it clearer.
- **KC**: Hope so. My brain needs a rest.
- **OP**: You deserve it.





11. Including your "champion" supporter

- **OP**: Now that your key supporter is with us, I wanted to touch more on the importance of a psychosocial approach, instead of a purely psychological or bio-psychological focus.
- **KC**: We're both on board with this psychosocial approach, even if we don't yet fully understand what you mean by *psychosocial responsibility*.
- **CS:** Thanks for including me.
- **OP**: Sure, welcome aboard. Think of responsibility as having two wings. Your personal responsibility wing and the wing of other's social responsibility to you. To fly straight, according to anakelogy, you need both in balance.
- **CS:** But isn't it all too easy to deny personal responsibility by shifting responsibility onto others?
- **KC**: Personal responsi—
- **OP:** Personal respon—

- **OP**: Go ahead.
- **KC**: Personal responsibility is only as good as other's social responsibility to you, which usually goes no further than minimal legal requirements.
- **OP**: Exactly, very well put.
- **KC**: Thanks. You see, I can trace part of the reason I was wrongly convicted to a lack of social responsibility on their part. By presuming they honored my rights under the law, without ever asking me personally, they remain unaccountable for their damaging impacts on our lives.
- **CS:** I thought the judicial system had some checks and balances in it.
- **KC**: Yes, but what consequences do law enforcement or prosecutors face when they are wrong? Or when the judge and appellate court both err?
- **CS:** I see what you mean. Their self-interest can blind them from their own confirmation bias. I read on the website, "It's now easier for the accused to admit their human imperfections than for law enforcement and prosecutors to admit theirs."
- **OP**: Yes. These are not purely ideological arguments. We can use anakelogy to measure these hypothetical relationships.
- **KC**: For example: the less accountable they are for their mistakes, the more their mistakes go uncorrected. We can look at current exonerations for data to check this correlation.
- **CS:** Oh, I see. They're, like, completely forensic. But you introduce a non-adversarial approach that instills greater accountability, for actual outcomes. Or that's what I perceive this process is doing.

Where psychotherapy emphasizes personal responsibility, psychosocial responsibility—balancing your personal responsibility with the social responsibilities of others toward you. Not just what the lawrequires, but what nature requires for us to fully function.

It's now easier for the accused to admit their human imperfections than for law enforcement and prosecutors to admit theirs.

The less accountable for mistakes, the easier to commit mistakes that go undetected.

OP: Yes, that's right.

KC: What I wanted to know was how this applies to—oh, what did you call it? "*Reactive* vacillation"?

OP: Yes. **Reactive vacillation** is where you find yourself swinging between psychosocial extremes of focusing on neglected self-needs on the one hand, like personal freedom and self-sufficiency, to later focusing on neglected social-needs, like belonging and social cohesion.

KC: And this is a problem because?

OP: It means those who get caught in this vicious cycle aren't getting their needs properly met.

CS: And *that's* the problem.

OP: Yes. To phrase it as a testable hypothesis: the less my need for self-sufficiency gets resolved, the more I'll focus on getting it *relieved*, which correlates with less focus on complementary social-needs, like social cohesion.

KC: Which correlates with a reliance upon pain-relieving generalizations, like guilt-or-innocence, or accuser and accused, ignoring the reality of nuances shaping our overlooked specific needs.

OP: That's right. So I'm likely to ignore other's need for, say, social cohesion. Because I urgently feel I must generalize to relieve my lack of self-sufficiency. I must go out and do my own thing, even if it undermines the cohesion of the group.

CS: Sounds political.

OP: Exactly. But that's the other service offered here.

CS: So is there some better alternative to this, this vacillation thing?

OP: Yes, **organic oscillation**. According to anakelogy, that's where you allow nature to gradually integrate your self-needs with your social-needs.

KC: How does that work?

CS: Yeah, can you give us an example?

OP: Sure. You go to sleep each night focusing on your self-needs. And get up refreshed to return to the social arena. Midday you focus on your social-needs. Then return home to focus again on your self-needs.

KC: So self-sufficiency and group cohesion find ways to coexist?

CS: In harmony with each other?

OP: Precisely. Wellness is fully psychosocial, not reductively psychological.

reactive vaciliation: swinging topsychosocial extremes, attached to self-needs over social-needs, or attached to social-needs over self-needs

The less resolved a need, the more pulled to focus on its relief.

Until adequately eased, less focus available for easing other needs.

The longer left painfully unresolved, the more drawn to generalizations for accessible relief.

organic oscillation focus on self-needsfor a while, and then on social-needsfor a while, toward integrating both.

12. Stretch-grow: shared chill endure

- **OP**: Let's do this. Unlike before, your support champion will join us. So, Kelly, this time the ice's chill serves as a metaphor for enduring the ongoing pain of the wrongful conviction.
- **KC**: So I can stop avoiding the pain of it all, and face it boldly.
- **OP**: Well said.
- **KC**: Yeah, instead of lashing out or reacting in pain, I will develop the resiliency needed to stick to this conciliatory approach.
- **CS:** "Violence is weakness turned outward. Resilience is strength turned inward."
- **OP**: Precisely. We'll learn to internalize this in this exercise, using the script I sent to you.
- **KC**: I've got the script right here, so ready to start when you are.
- OP: Good.
- **KC**: Stopwatch ready? Three, two, one. [picks up & clutches ice cube, with less wincing this time]
- **CS:** "You can handle the discomfort of rejection."
- **KC**: "I can handle the discomfort of rejection."
- **CS:** "With my help, you can tolerate being misunderstood by others."
- **KC**: "With your help, I can tolerate being misunderstood by others."
- **CS:** "You can endure another day of being wrongly convicted,
- **KC**: "I can endure another day of being wrongly convicted,
- **CS:** "like you can endure another second holding this ice."
- **KC**: "like I can endure another second holding this—" Or not. [drops ice]
- **OP**: Good.
- **KC**: No stopwatch?
- **OP**: Not this time. Let's focus on internalizing this resiliency self-talk.
- KC: Alright.
- **OP**: So, when you're ready, let's resume.
- **KC**: [picks up ice cube]
- **CS:** "You don't have to avoid the pain of this wrongful conviction anymore."

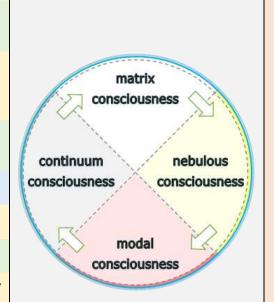
Violence is weakness turned outward. Resilience is strength turned inward.

- **KC**: "I don't have to avoid the pain of this wrongful conviction anymore."
- **CS:** "With our support, you can now face it head on."
- **KC**: "With this support, I can now face it head on."
- **CS:** "You now can—" Need a break?
- **KC**: [drops ice into bowl] You could say that.
- **CS:** How are you doing?
- **KC**: Okay, okay. [pauses to inhale] I'm ready, let's keep going.
- **CS:** Okay. "You now can hold out for better options."
- **KC**: [clutching ice again] "I can now hold out for better options."
- **CS:** "You are now resilient enough to rise above the pain of this injustice."
- **KC**: "I am now resilient enough to rise above the pain of this injustice."
- **CS:** "You have us to boldly back up your claim."
- **KC**: "I have you guys to boldly back up my innocence claim."
- **CS:** "With growing support, you can overcome this wrongful conviction."
- KC: "With growing support, I can overcome this wrongful conviction."
- **CS:** "You can pursue options better than the adversarial process offers."
- KC: "I can pursue options better than the adversarial process offers me."
- **CS:** "You no longer have to fight or flight from those who wronged you."
- **KC**: "I no longer have to fight or flight or freeze—" Ahh! [drops ice]
- **OP**: Let's wrap this up for now, we're quickly running out of time.
- CS: Okay.
- **KC**: No argument here.
- **OP**: When we started this service together, I could see you feeling a deep sense of urgency. Do you still feel you must be officially exonerated by the end of this year?
- KC: Not so much.
- **CS:** As long as our bill collectors can be patient too.
- **OP**: These conciliatory goals will not be reached overnight. "Big changes may seem stronger, but it's the small changes that often last longer."

Big changes may seem stronger, but it's the small changes that often last longer.

13. Transcending "cisjudicial" binaries

- **OP**: I'm not saying the adversarial justice system is evil, just that it's stuck at a lower level of consciousness.
- **KC**: You mean binary-thinking, or what that blog entry refers to as "modal consciousness"?
- **OP**: Yes, exactly. Let's illustrate this. Emotions pull attention to a subject or object. In a four-part cycle. See the image on your screen now?
- **KC**: I see. *Modal*, as in convenient categories one can quickly wrap their mind around?
- CS: Like guilty and innocent, overlooking any gray area.
- **OP**: Yes, exactly, and more. It starts—
- **KC**: Black-and-white thinking.
- **OP**: Yes, black-and-white thinking. It starts more generally with **nebulous consciousness**, or a *vague awareness* that something is amiss.
- **KC**: You're talking about how you start experiencing a need. Prefocal.
- **OP**: Whenever a need calls for something or someone outside oneself, emotions draw attention to whatever or whomever that source for relief may be.
- **CS:** So needing is requiring something outside myself.
- **OP**: Yes, usually. The mind naturally differentiates this *vague awareness* into immediately accessible categories, for when you only have a split second to make a life or death decision.
- **KC**: Like the police when confronting an armed suspect.
- **OP**: Yes. first responders must make split life-or-death decisions, so they naturally rely on modal thinking, or black-and-white "good-guy/bad-guy" thinking.
- CS: But people aren't literally good-guys or bad-guys, they just need to think that way so they don't get shot or something.



- **KC**: Yeah, makes sense. But you'd think they could let go of that rigid thinking once the accused is in custody.
- **OP**: You'd think. But no, the adversarial system provides little if any allowance for **continuum consciousness**, or for *awareness* of the impactful nuances between their conventional binary-thinking categories.
- **CS:** So they become complicit in producing scores of wrongful convictions.
- **KC**: Including mine.
- **OP**: Yes, our conciliatory approach fills this need, to transition beyond such dysfunctional reliance on modal categories, onto an array or continuum of options for us all to responsibly resolve needs.
- **KC**: Which the adversarial system completely overlooks.
- **OP:** Yes, it does. It's reductive to these categories of convenience, promising relief to the winners in court and calling that justice.
- **KC**: And you suggested, or—no—you actually declared this *resolving of needs* over merely *reliving its pain* is a greater form of authority?
- **OP**: Yes, it is. Because resolving these needs removes the original cause for violence. And now I'm speaking to their state privileged violence, to wrongly accuse you and expect you to use the same dysfunctional system to correct this error.
- **KC**: Yeah, that's messed up. Expecting what's broken to fix, or even admit, they still break the previously unbroken.
- **OP**: So we move beyond their limited categories to not only appreciating the nuances behind violence in this *continuum consciousness* but to then respect how these all overlap with each other, in what is called **matrix consciousness**.
- **KC**: Yeah, the criminal justice system doesn't really do anything to help resolve the needs of either the perpetuators of crime nor the victims of crime.
- **OP**: It's not incentivized to do more. At least not yet.
- **CS:** What if any personal experience do you have with the criminal justice system?

There is the illusion of justice...

RELIEVING PAIN

FOR WINNING SIDE

Then there is the substance of justice..

RESOLVING NEEDS
ON ALL SIDES

There is no greater authority than resolved needs. All authority exists for easing needs.

- **OP**: Back in 1993, I was wrongly accused and then later that year wrongly convicted without corroborating evidence, of a heinous crime with a sibling of mine.
- **KC**: Back during the height of the daycare center sex abuse scare.
- **OP**: Yes. So, you see, I'm no stranger to the lack of real justice in the justice-in-name-only system.
- **KC**: Spent a dozen years in a men's prison, after coming out as transgender.
- **OP**: You can find more about my experience of being wrongly convicted on the About page, and in blog entries under the tag "war stories."
- **KC**: It's good to know you know how deep this shit goes, excuse me.
- **OP**: Sure. I'd like to get back to focusing our short time together today on your needs.
- **CS:** Thank you for being transparent.
- **OP**: You're welcome. I trust you saw this image on the Options page.
- KC: Yeah.
- **CS**: Yes, I did.
- **OP**: As long as the adversarial justice system remains stuck in modal black-and-white legalese thinking, their authority may not reach deep enough to help you resolve your needs, or the needs of others.
- **KC**: I see that now.
- OP: Our conciliatory approach transcends their binary thinking for what anakelogy calls need-responsibility. That presents a greater legitimacy than their need-irresponsibility.
- **KC**: Because resolved needs create a greater authority than merely relieving the pain of unresolved needs.
- **OP**: Perfectly said.



needresponsibility:
demonstrating a sufficient
response to needs to allow for
them to be fully resolved.
need irresponsibility:
demonstrating insufficient
response to needs to the point
of being complicit in how they
remein unresolved.

14. Stretch-grow: mindful shared drinking

- **OP**: When I talk about what the police and prosecutor did to you, do you feel yourself stiffen up, like a board?
- KC: Sure do!
- **OP**: That's okay. Your body's preparing you to react to a potential threat. Your body can't rule out what happened before from happening again. But, together, we'll dial that back, with mindful eating.
- KC: Yum.
- **OP**: Breathe. Draw in air through your nose. Both of you, together.
- **KC**: [deeply inhales through nose]
- **CS:** [also deeply inhales through nose]
- **OP**: Now exhale.
- **KC**: [exhales]
- **CS:** [exhales]
- **OP**: Feel your body let go of its tension. Be stiff no more. Feel yourself relax.
- KC: Feelin' it.
- **OP**: Now pick up your drink.
- **KC**: [picks up drink]
- **CS:** [picks up drink]
- **OP**: Smell its sweet aroma. Draw it in, experience its pleasure.
- **KC**: [holds cup under nose, sniffs]
- **CS:** [pulls glass beneath nose, gently sniffs in aroma]
- **OP**: Let the tip of your cup, or glass, touch your lips. But don't drink it just yet.
- **KC**: [lets cup touch lips]
- **CS:** [touches glass with lips but does not tilt it yet]
- **OP**: Feel its temperature. Cool to the touch? Or warm?
- **KC**: [nods]
- **CS:** [nods]
- **OP**: Now take a small sip.

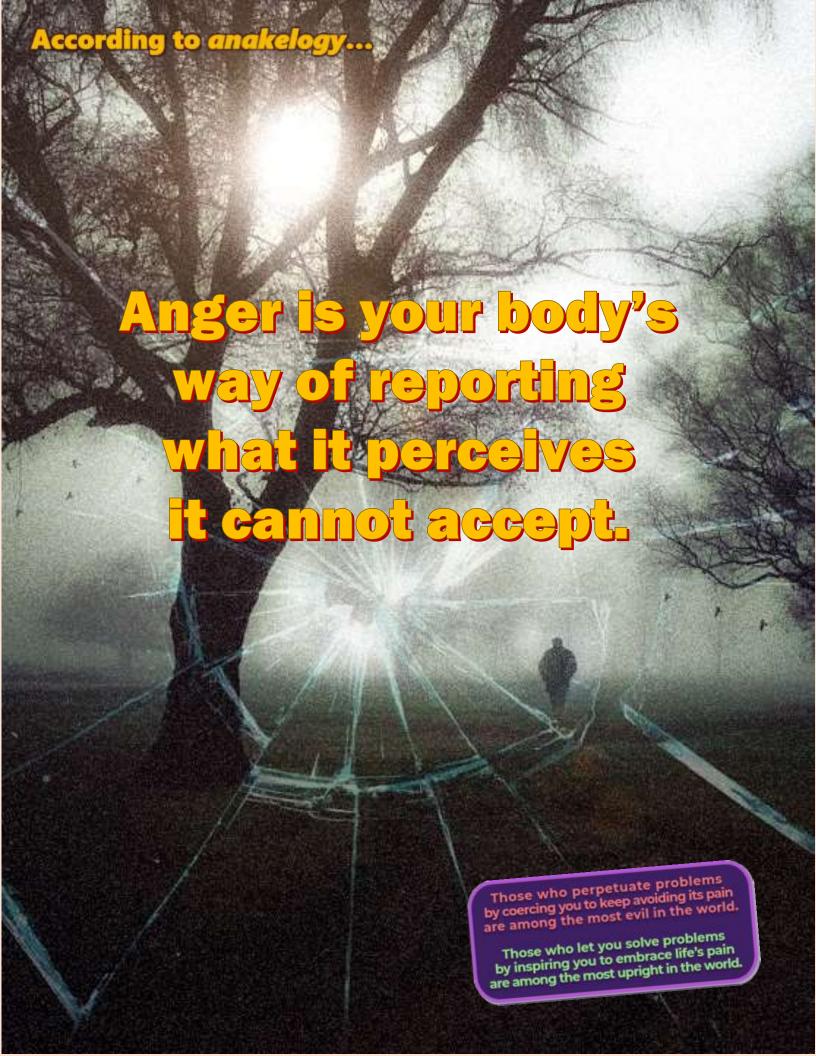
KC: [takes small sip from cup] CS: [takes small sip from glass] OP: Let the sip swish around in your mouth for a while. Before swallowing it. KC: [swishes sip in mouth] CS: [swishing sip around in mouth] **OP**: Okay, swallow that sip. Now take another, larger sip. Feel it wash down your throat. Experience your body's natural reactions. KC: [swallows sip] CS: [swallows sip] OP: Imagine now if that drink was painfully too cold to drink. You want to stiffen up, to repel it, to avoid it. But you don't. KC: [reflects] CS: [reflects] **OP**: Instead, you let coldness, and any other pain in life, simply flow through you. KC: [listens] CS: [listens] **OP**: Let that pain wash away, as soon as you recognize the message of trouble behind it. KC: [visibly relaxes] CS: [visibly relaxes] The next time you feel your fear triggered, breathe in, breathe out. Dial OP: back your body's alarm system. It's doing its job, now you can do yours. Relax, and reset. KC: [nods] CS: [nods] OP: Any thoughts, as we wind down for today? KC: I'll review the **Stretch-grow** page so I can learn this better.

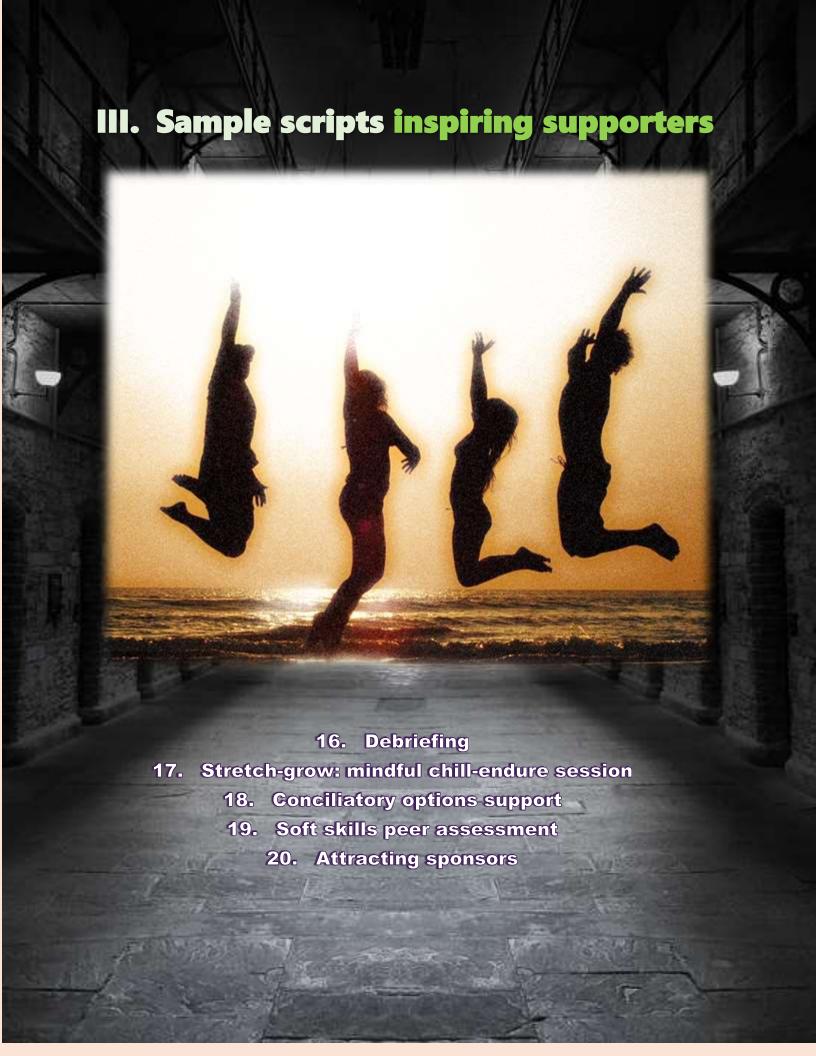
I can already feel my tensions ease. Thank you.

CS:

15. Social grow: build your support team

- **OP**: Let's review your list of prospect supporters.
- **KC**: Yeah, got the list right here.
- **CS:** I've added a couple of names from my side of the family.
- **KC**: They're finally realizing I've been saying the truth all along, about my innocence.
- **OP**: Good. Now to be honest, this process is a work in, well, process.
- **KC**: I thought so, since it's worded that way in the *service agreement*.
- **CS:** You mean this could change?
- **OP**: Yes, you're pioneers in this service, helping me to find what the market responds to. To help me stay accountable to what's actually needed, and can viably be done.
- **KC**: I used the template you sent me to word the invitations.
- **OP**: Good. Together, we'll test its effectiveness.
- **KC**: If I understand correctly, each invitee has one of three options, right?
- CS: Yes.
- **KC**: To **follow** for only a dollar per week, or four dollars a month—but their first week is free.
- OP: Yes.
- **KC**: Or they can choose to **contribute** for five dollars each week, or twenty per month.
- **OP**: Yes. And they get more for that increase. Exactly what may change.
- **KC**: Lastly, they can decide to **invest** fifteen each week, or sixty per month.
- **OP**: Yes again. By putting up their money, they help keep you accountable to make this path work.
- **KC**: And they help cover the cost of this service, to help keep it affordable for us.
- **CS:** And later, when we invite sponsors, we can attract potential sponsors with the interest level we've got going, for momentum.
- **OP**: Yes, yes to you both. I think we're onto something.





16. Debriefing

- **OP**: Tell us something about your prison experience you would like your supporters to know. It could be misconceptions about prison life you'd like to correct, or even something positive you gained despite it all.
- **KC**: Sure. I could tell you all that prison, or at least my prison experience, was not full of physical violence like you see in the movies or on TV.
- **CS:** Earn respect by not doing anything stupid, and other guys generally leave you alone.
- **KC**: Right. Prison is full or subtler forms of violence. Prison politics has a pecking order, where child molesters are on the bottom rung. And they don't care if you're wrongly convicted, so I had to keep my cover.
- ST1: So what did you tell 'em when they asked what you're in for?
- **KC**: Prison politics frowns on sharing cases. To invade one's privacy is to risk losing your own. As one guy put it to me, those who get into your business must not have enough business of their own.
- **ST1**: That makes sense. If you're stuck living with a bunch of violent strangers, no one wants to put their dirty laundry out there. Right.
- **KC**: Sorta. It's a little more complicated than that, but you get the gist of it. What really stood out was how hyper-defensive these guys could be.
- **CS:** What do you mean by hyper-defensive?
- **KC**: Well, for example, when I asked this guy if he was done using the unit broom, because I had to sweep up a mess I made in the day room.
- ST2: Day room?
- **KC**: Each housing unit has a day room with tables and chairs, where guys gather to play card games, have cook-ups or just shoot the breeze.
- **CS:** Cook ups?
- **KC**: That's when guys get together with their commissary items to make their own meal, instead of tolerating the slop served in the chow hall.
- **ST3**: Commissary items? You mean the prison store?
- **KC**: Yeah, the prison store. Where was I again?
- **CS:** Prison politics, about keeping your case private.
- **OP**: Hyper-defensive guys. The unit broom.
- KC: Yeah, yeah. This guy looks at me and just goes crazy: "I'm done with it when I'm done with it." So I say, "Okay, I'll be back in a minute." And he's, like: "What do you mean by that?! If I take a whole damn hour,

what's it to you?" I calmly replied, "An hour. I'm not going anywhere." So he shoots back, "Why you gotta be up in my grill all the time?" I'm thinkin' to myself, What the hell? Like I spend all my time thinking how to exploit his fears. Geesh, give me a break.

- **ST1**: That must've been hard. But it's kinda funny too, the way you shared it.
- **KC**: Prison is full of laugher, too. Gotta have some humor to make the time go by easier.
- **CS:** Tell 'em about your friend's dream.
- **KC**: Oh yeah, he said he had this terrible dream where he was in prison, and when he woke up, he found he was, yeah, you guessed it, in prison.
- **ST3**: Reminds me of that scene in Schindler's List, where they're huddled together in the Ghetto, making jokes to survive.
- **KC**: Yeah, it was something like that. One hot day in the middle of summer, I remember the meat they served had this green hue to it, from how they cooked it. And the salad was wilted, no longer green.
- **CS:** Gross.
- **KC**: So my friend quips, only in prison is the meat served up green and the lettuce served brown, and you desperately wish it was the other way around. [laugher] So humor is one way to cope with the pain.
- **OP**: You shared something with me last month about prison. Remember?
- **KC**: Uh... oh yeah. What do you guys think is the most painful part of being in prison?
- **ST2**: I don't know, I'd guess the loss of freedom.
- **KC**: Got another question for you. What do you think is the most important factor in keeping guys from coming back with new cases, according to the research? The answer to one is actually the answer to the other.
- **ST2**: Losing your dignity, and the responsibility that comes with it?
- **KC**: Family supports. You can adjust to losing just about anything, but who can adjust to losing family supports? And those who maintain family connections are at a lower risk of recidivism.
- **CS:** So if they were serious about reducing recidivism you'd think they'd make it easier for us family members to call and visit their loved ones.
- **OP**: Before we slip into politics, let's wrap this up. Did this debriefing help?
- **KC**: Yeah, immensely. A load off my back to process how it was for me.
- **CS:** And I'm grateful to hear your war stories, as I've heard you call them.

17. Support messages

- **OP**: I must say, this is one of my favorite sessions, seeing you take in all this love from your team of supporters.
- **KC**: Wow, yeah, I'm still taking it all in. It got me on the edge of tears.
- **CS:** Me too. I'm amazed how much it's helping him regain hope.
- **OP**: To drive the point home, I'm having your supporters who could join us today to read their support messages to you aloud.
- **KC**: Okay. I just may tear up again.
- **OP**: Katrina, would you take the honors of starting us off?
- ST2: Sure. "I can't imagine what is was like for you to be in prison with violent offenders, knowing you didn't belong there. You didn't deserve that. Nor deserve my previous skepticism about your innocence. For that I am sorry, and hope you can forgive me. You have me now in your corner, and I look forward to helping you verify your innocence."
- **KC**: Thank you, that means a lot to me.
- OP: Don?
- **ST1**: "I wish I had known earlier you were wrongly convicted. Now I get why you're so distant at times. You must be carrying a lot of pain from such an injustice. Let me know how I can help verify your innocence claim. And turn such injustice into a more just outcome."
- **KC**: Thanks, Don. And thanks for taking the time to join us today, 'cause I know you usually work during this time.
- **CS:** Besides, I see how helping us lifts you up out of your own bouts of depression.
- **OP**: Good point. Terri, your turn.
- KC: Yeah, Terri, let me have it.
- ST3: "Sorry you had to go through all that. And I'm upset for you that you can't get a decent job because of this unearned felony. Wish I could do more for you, but you know my career doesn't allow much time to help verify your claims. But maybe I can help you handle some unexpected expenses. I look forward to helping you the best I can to overcome this injustice, one victorious day at a time."
- KC: Thanks, Terri.
- **CS:** Thanks for your contributions already, Terri; I know it's stretching your budget.

OP: Tamara?

ST4: "When I first heard you claimed innocence, I still assumed all prisoners claimed innocence. Now I know better. Thanks to you, I now have a far more realistic appreciation for how our courts work, or don't work. I look forward to helping you verify your claim, whether you ever get that compensation money or not."

KC: [through an emotional laugh] Thanks, thank you.

CS: But we could really use that money, you know. [all laugh along]

OP: Terrance couldn't join us, but with his permission I wanted to read an excerpt from his message.

KC: Okay.

OP: "I know all too well how messed up the criminal justice system can be. I had a brief taste of it myself years ago. I encourage you to rise above their petty adversarial ways. They reduce us to winners and losers when really, we need a win-win approach to solve deeper problems that often erupt in violence. I see this conciliatory approach doing just that. I see you in good hands. Hang in there, and good luck."

KC: Sounds like a testimonial for Value Relating.

CS: I'm ready to give such a testimonial now.

OP: I'll take it, thanks. And thank you, Terri, Katrina and George for reading yours.

KC: Yeah, thanks, y'all.

ST: You're welcome.

KC: I needed this. Thanks, guys.

CS: Let's do this again sometime.



18. Conciliatory options support

OP: Thank you all for checking in ahead of time. That'll make this go much smoother.

KC: Let's start with Terri. What did you find?

ST3: **IntelliCorp** expressed interest. They forwarded the Informed Decision Act bill to their legal department.

KC: You'll follow up, right? Perhaps give them a week.

ST3: Sure.

KC: Next? Don, what did you get from **First Advantage**?

ST1: The runaround, basically. The rep I first talked to forwarded me to someone else in the company. Got the usual call screening board. You know, "The extension you are calling is busy. We value all our callers, so please wait on the line, yada yada." I finally just left voicemail, and now wait for a follow-up.

KC: Or make that follow-up, if you please.

ST1: Sure.

OP: Just a reminder, you're all pioneers in this. You are among the first, or you are the first, to call these **consumer reporting agencies** with this problem. You're hopefully helping them recognize the problem.

KC: And the need for a solution, like the IDA bill.

ST1: The what?

KC: IDA bill. Informed Decisions Act.

ST1: Oh, right.

KC: Katrina, what did you learn about the **Track 1** agency?

ST2: They're now **PeopleFacts**. They sent me a link to some helpful info and I forwarded to you right before we started here.

KC: Thanks. I'm going to go over my short list again of potential employers to see who uses which consumer reporting agency for their background checking of job applicants. Then I may have each of you do a follow-up call, to check for any discrepancies.

ST2: Send me your list and I can get started on it. Before I get busy again.

OP: Remember, the point isn't to embarrass them, or threaten litigation.

KC: That's adversarial. We're conciliatory peacemakers.

OP: The point is to overcome the barriers of **normative alienation**. To move on to agencies who "get" our value.

ST1: Normative alienation? What's that?

KC: Relying on impersonal rules and norms to guide our behavior, instead of asking each person what they personally need of us.

OP: Exactly. We do this to engage each agency, to identify their needs and to express our needs.

KC: Or these needs will rarely get fully addressed.

ST1: Because instead of addressing the need they assume their doing their part simply by following the latest rules. Right?

OP: Right.

KC: They followed all the rules in court and still I was wrongly convicted.

OP: So you see, rules themselves aren't always enough.

KC: And can get in the way of communicating our overlooked needs directly, like we're doing now with these agencies.

ST1: So that's what this triangle diagram is about?

OP: Yes. **Avoidance options** *react* to problems, which occur from unresolved needs on either or both sides of these power differentials.

ST1: Okay.

OP: **Adversarial options** *relieve* pain of such problems, without addressing the cause of such pain—the unresolved needs.

ST1: Uh-huh.

OP: **Conciliatory options** *resolve* needs by making sure all sides can freely identify, express and address their impacted needs. That's what we're doing here.

ST1: Now I get your motto: *solving problems by resolving needs*.

OP: Good. So let's wrap up. We'll go around once, to check how each of you are doing in your own life.

KC: I'm still underemployed. Next?



19. Soft skills peer assessment

KC: You're saying I lack **self-confidence**?

ST2: Sometimes. Not enough to be a problem between us, but I think you could stand up more for yourself with others you don't personally know.

KC: Yeah, okay. The wrongful conviction robbed me of such assurances.

ST2: Let's see if this process helps you get that back.

KC: Well, thank you for first saying I demonstrate strong **ethical character**.

ST2: You do. It seems you're just afraid to show it more in public.

OP: So let's remember to give our feedback within a *value frame*, starting with a positive affirmation, sandwiching in the middle the one thing to improve upon the most, wrapped up with something to continue being strong on.



KC: The sandwich praise, basically.

OP: Yeah.

KC: Okay, Tamara, your turn.

ST4: Your positive attitude inspires me. Sometimes I question your personal judgment, and I consider that your weakest link. I suspect that too has been damaged by the wrongful conviction, as you seem to suffer some PTSD-like symptoms. You also show strong humility, as long as you don't slip into the extreme of self-consciousness.

OP: Great use of the value frame. Thanks, Tamara.

KC: Thank you, Tamara, for your helpful critique. Can you give me an example of when I showed any PTSD-like symptom?

ST4: Yeah, uh. Oh, like last week when you avoided talking to my friend after I told you she was a forensic lab technician.

KC: How is that anything like a posttraumatic distress order?

ST4: It just seemed like you were overreacting to the situation, that's all.

OP: The DSM would diagnose that closer to an adjustment disorder.

KC: I feel like defending myself here, but will reflect on it further.

OP: Thankfully we're well beyond the DSM's reductive medical model. We're finally addressing the neglected needs behind its litany of disorders. Including this support for your in demand soft skills.

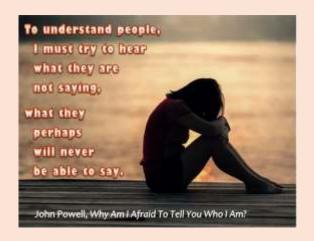
KC: Yeah, I think there's a lot more to this than a bunch of diagnosable symptoms.

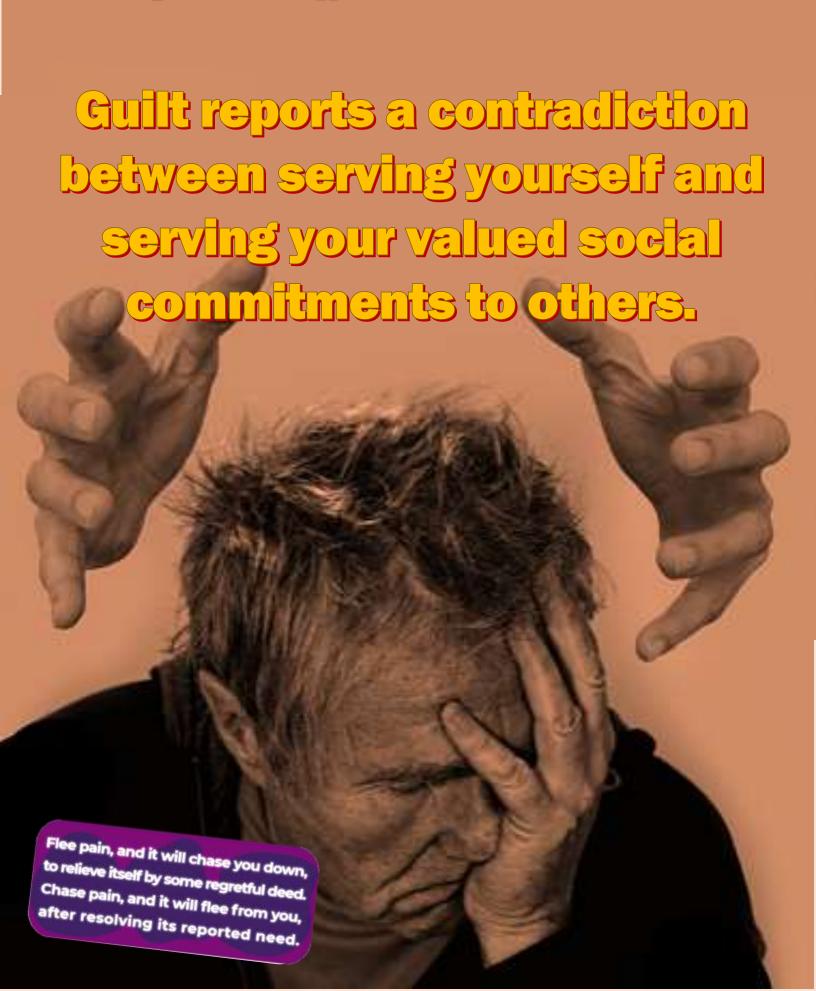
- **OP**: We're not managing symptoms, or judging your reactions by professional yet impersonal appearances, but we're holding together to resolve these neglected needs expressed as disorders. So let's continue.
- **KC**: Terri, let's hear from you now.
- ST3: I too had **positive attitude** as your strongest point. I had **initiative** as your area to improve upon the most. You seemed to be pulled into getting things done, more than setting out on your own. **Teamwork** is where I see good strides for you to continue improving on, as I've seen you accomplish some amazing things with our help.
- KC: Thanks, Terri.
- **ST3**: Oh, I should add that it looks like **positive attitude** when you don't complain about what happened to you, by the courts and police, but may actually be *avoidance*. I'm just giving you the benefit of the doubt, but realize I do you no favor unless I bring that up.
- **OP**: Good point, Terri. It's easy for us to see it as a positive, but what counts is if others see this positively. Or a hidden negative, when your future employer needs you to speak up and sound the alarm.
- **KC**: I think that will come naturally the more empowered I feel when speaking my truth to power. With this empowering process.
- **OP**: Now you get to check out the <u>soft skills videos</u> at the *stretch-grow* page.
- **KC**: I've viewed, oh, about half of them already.
- **OP**: Good.
- **KC**: Thanks to these guys, I got a better idea of what to focus on.
- **OP**: Yes, thanks to all of you. You did a wonderful job providing actionable feedback and of utilizing the *value frame*.
- **KC**: Yeah, hearing your praises first sure helps stomach your critique. And closing on a positive assures me your support is solid.
- **ST2**: You're welcome. **ST3**: No problem.
- **OP**: Yes, keep this value framing in mind when you start inviting sponsors.
- **KC**: Looking forward to it. After I review those soft skills videos.
- **OP**: So let's recap. To date, you've invested \$650 in your development, including \$450 of your own resources.
- KC: Nice.
- **OP**: You've made significant improvement in your wellness scores, and accomplished yet another milestone toward your goals.

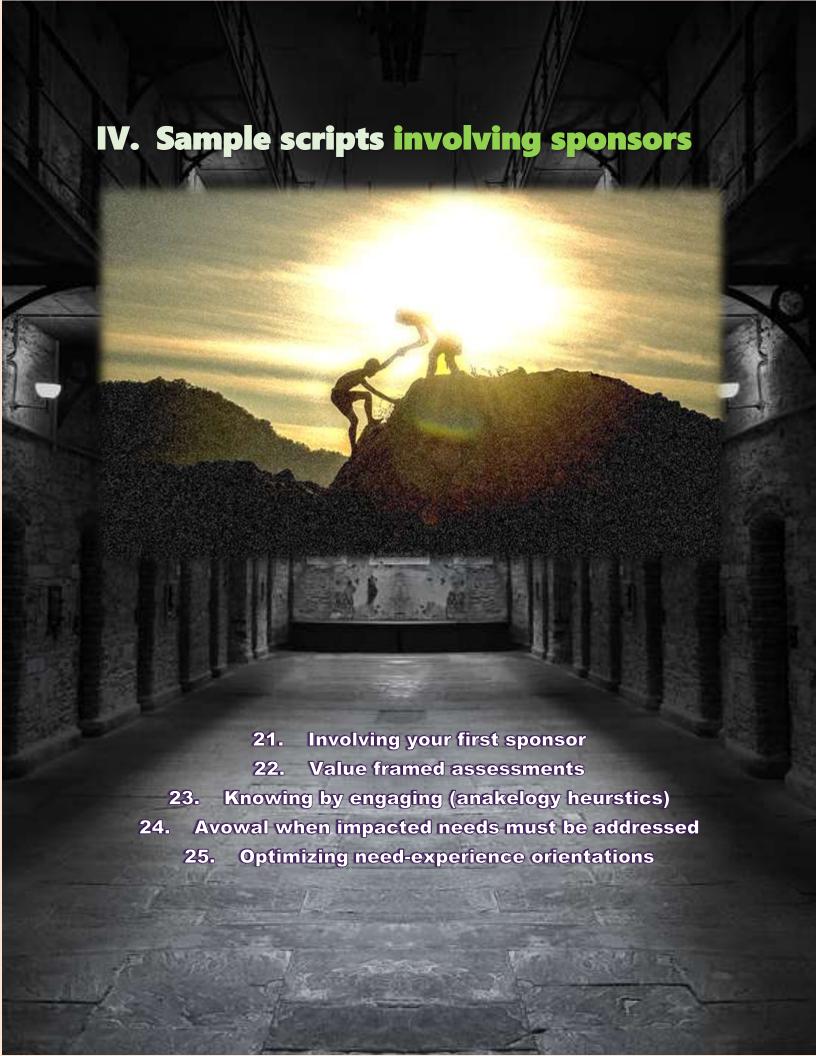
20. Attracting sponsors

- **OP**: Now we shift from merely **auditing** their negative impacts to **avowing** to publicly declare they passed on our invitation to be conciliatory.
- **ST**: Isn't that a bit like extortion?
- **OP**: If we were in adversarial mode, it could well be extortion, otherwise known as extraction. But we're completely conciliatory here. It can't be *obtaining something of value from them by threat or force* if we show them how they obtained our compliance by a power differential force.
- **ST**: So we're not putting the squeeze on them because we're only pointing out how they're already coercively squeezing us, right?
- OP: That's right. They're already impacting your needs in ways not fully voluntary for you, or for us. And we expect they don't realize this gap. So we create value for them with this conciliatory process, starting with our free assessment. Let's talk a little more about the freemium model.
- **KC**: Freemium model? Where I offer something for free, like a lead magnet, hoping it can lead to deeper engagement?
- **OP**: Exactly. We'll be using this marketing best practice in our strategy to attract sponsors.
- **KC**: What can I offer that they would possibly find useful?
- **OP**: Your free assessment of them, of how they overlook the demographic of wrongly convicted not yet exonerated. They need to know this.
- **KC**: So I can convert this apparent obstacle into a challenge, and turn that into opportunity for greater value?
- **OP**: Glad you've been reading up on this. By offering your free assessment of them, you avoid any appearance of black mail or extortion. It's valuable information they can use to better serve their constituents similarly situated. They're—
- **KC**: To help others in the same boat, right.
- **OP**: They are free to pass it up, but not free from the natural consequences if others take us up, for the right price, and gain competitive advantage by it. Or lose competitive advantage to those who receive our value.
- **KC**: Sounds cool, but how do I fit in?
- **OP**: With your verified innocence claim at 84% of likely innocence, you have a bargaining chip. If used wisely.
- KC: How so?

- **OP**: You grant them opportunity to invest in your *cause*, to move beyond mere exoneration to transform the adversarial judicial process into something more responsive to overlooked needs.
- **KC**: Like asking them to support the Informed Decisions Act, which speaks to specific overlooked needs?
- **OP**: Exactly. With passage of the First Step Act at the federal level, you let others see what more can be done. You ask. Once asked, it's generally awkward for them to say *no*.
- **ST**: So you embarrass them to go along. But this isn't extraction how?
- **OP**: It is *they* who "extract" our resources, if they choose to stay on their adversarial track, while we're on this conciliatory high road.
- **KC**: Everyone on my support team already knew me personally. I'm still trying to wrap my mind around why these strangers would care to contribute to my *cause*.
- **OP**: We've got your measurements of improved outcomes when shifting away from avoidance and adversarial options. They can see in you how these conciliatory options work, and then get in on the action.
- **ST**: We show them we've got something that works, for free. But if they want to be a part of this working formula, we get to set the price.
- **OP**: They need to get in on this. Before others do. That's your calling card.
- **KC**: Well, let's start calling 'em and getting them onboard.
- **OP**: After the recap and we sign off, you'll receive more instructions on this in your inbox.
- **KC**: Okay, let's step it up then.
- **OP**: Yes, let's step it up.





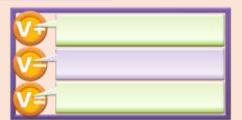


21. Involving your first sponsor

- **OP**: Go ahead, take the lead.
- **KC**: Thanks, Dr. Abdullah, for joining us.
- **Sp1**: Thank you for welcoming me. Please call me Rashad.
- **KC**: Thank you for matching our contributions dollar-for-dollar.
- **Sp1**: Thank you for the opportunity.
- **CS:** Rashad, could you please tell the group why you're joining us?
- **Sp1**: Sure. I had worked at several consumer reporting agencies before my business partner and I started our own, called BackStory.
- **KC**: "Knowing the lives behind the numbers."
- **Sp1**: Yes, that's our motto. We might change it, as the market dictates.
- **KC**: You're no stranger to how some statistics can distort the truth.
- **Sp1**: We were accused of stealing our former employer's customer base of clients in violation of our employment contract, but that was untrue.
- **KC**: You hinted in your message to us that there was a grain of truth in it?
- **Sp1**: What we did, when still with our previous employer, was look up customer service feedback and then use that info to shape our service to fill those holes. Which was not against the employment contracts we signed. So we didn't steal any clients. We looked to fill a greater good.
- **KC**: So you settled out of court by agreeing *not* to serve any clients they already had, right?
- **Sp1**: Yes, basically. So, you see, we're no strangers to the problems of the adversarial justice process. And reading about your plight made us wonder if there was a huge demographic we could be serving, that other consumer reporting agencies completely miss.
- **CS:** Or worse, complicit in damaging the lives of the wrongly convicted and those who depend upon them. Like me.
- **Sp1**: Yes, you're definitely lives behind some distorting statistics. We'd love to get ahead of the curve to correct this injustice, and invite your input in how we can best do that.
- **OP**: I can send you some information to get you started.
- **Sp1**: Thank you.

22. Value framed assessments

- **OP**: Joey works for a contractor serving the Bureau of Prisons, and joins us today as a potential sponsor. He's got a lot on his plate now. Joey?
- **Sp2**: They gave me the job of implementing parts of the <u>First Step Act</u>. Right now, I'm estimating the number of formerly incarcerated persons seeking to serve as re-entry volunteers and mentors. One of the nonprofits we contacted referred us to you.
- **KC**: Not sure how that applies to formerly incarcerated wrongly convicted. Seems like they're too embarrassment to admit we even exist.
- **Sp2**: It occurred to us that exonerees were slipping through the cracks. And thanks to the Innocence movement and you guys, we're starting to see the problem is much bigger than we ever realized.
- KC: That itself sounds like an understatement, but I welcome your support.
- **CS:** Especially since we don't get any support like parolees and their family get. We easily suffer collateral consequences of convictions more than those guilty of their crimes.
- **Sp2**: Thanks to you guys, I'm more informed how collateral consequences undermine our economy in many hidden ways.
- **OP**: Identifying overlooked needs is one of the things we specialize here.
- **Sp2**: I see that.
- **OP**: We use what we call a *value frame* to identify each other's affected needs, in a conciliatory manner.
- **KC**: Like the praise sandwich.
- **CS:** Like you get when late on paying your bills.
- **Sp2**: Yes, I've read on your website how it works.
- **OP**: So I trust you've read how we use **assessments**. And how these lead to **audits**, which in turn can result with **avowals** to revisit our options to insist our overlooked needs get their due attention.
- **Sp2**: You know, there's already laws on the books guaranteeing the rights of the accused, even long after they've served any time.
- **OP**: What's the exact need you see these laws serving?
- **Sp2**: Exact need? Well, uh—come again.
- **OP**: I spoke earlier about **normative alienation**, that sociological concept of relying on rules and norms to regulate our behavior with each other. It easily displaces a more intimate awareness of each other's needs.



Sp2: Not sure where you're going with this.

OP: No one gets to cite law here without identifying the needs involved.

Sp2: Oh.

OP: If you rely on the standard impersonal process when checking who's seeking volunteer or mentor roles, you're at risk of retraumatizing the formerly incarcerated wrongly convicted. How would you know that?

Sp2: Oh, I see.

OP: The value frame levels the communication, so both sides can honestly identify and express their affected needs. In ways that impersonal laws can never do.

KC: You'll find we put needs first. We prioritize resolving needs over simply easing their pain.

Sp2: Why?

KC: Because, uh-

CS: Because we need to work out our own pain, so we can fully resolve the need as the best way to remove its pain.

Sp2: Ah, yes. To get beyond the soft bigotry of low expectations.

KC: You could say that.

CS: And he just did.

OP: The point I want to drive home is our shared commitment to resolve needs, even if we must challenge the status quo to resolve them. Just wanted to be sure you're well informed of any decision to join this team.

Sp2: I appreciate that. My major concern now is making time for this.

KC: You don't have to participate in these sessions, if you can't find the time. We also interact by email. Your financial and other support can be well rewarded.

CS: We'll send you regular updates.

OP: I'll send you more information, so you can make an informed decision.

Sp2: Thank you.

KC: Welcome aboard!

OP: There's that positive attitude I told you about.

23. Knowing by engaging (anakelogy heuristics)

Sp1: So I took your online <u>justifism quiz</u>. Gotta say it was quite the eyeopener.

OP: Care to say how you scored?

Sp1: 65, I think.

OP: Not bad, not bad. Modern society pulls us away from personally engaging each other's needs, as we rely on norms and laws to convey our expected needs.

KC: But that frequently overlooks our specifics needs.

CS: Especially powerless folks like us, forced to accept what some law dictates as speaking for our needs. The law can't even admit the vast number of estimated wrongful convictions.

OP: The conciliatory approach invites us to step back from generalizing all the time. The least powerful among us are not likely to speak up about their needs being repeatedly overlooked. They're more likely to bend to the status quo, and suffer anxiety and depression as a consequence.

Sp1: That's not good.

KC: Not at all.

OP: Your sponsorship helps spread this empowering vision for wellness, by addressing the harmful situations undermining wellness. In ways not adequately addressed by healthcare providers.

Sp1: Yes, I see we're charting a new path here, to fill a need no one else I can think of is actually serving. That's why I'm excited to be involved.

KC: Glad to have you aboard, Rashad.

Sp1: You were going to cover how we measure this progress.

OP: We utilize **anakelogy epistemology**, which claims we can trust what we know when our needs get fully resolved.

KC: Unresolved needs distort our thinking with biases. Resolved needs let us relate more realistically with reality.

OP: When our needs resolve, we can focus better on the needs of others.

CS: We can see functioning improve. But if only relieving pain, we only see what's good for temporary relief, not what allows full functioning.

Sp1: I don't mind say this stuff is starting to make my head spin.

KC: It used to spin mine.

CS: Mine too.

OP: You can read more about these "matured heuristics" on our website. As a sponsor, you have greater access to this exclusive information.

Sp1: Thanks, I'll check it out.

KC: We applied measurable heuristics when assessing your company's terms of service, or gap ethics, when we first contacted you.

Sp1: Gap ethics?

Gap ethics assess the gaps in your current ethical standards, identifying where you apparently overlook some specific needs you're impacting. **Grassroots ethics** audits the actual impact of those gaps. **Guerilla ethics** avows we must address these overlooked needs, with or without your acknowledgment of our affected needs.

KC: More head spinning stuff.

OP: You can find more on the **Options** page.

Sp1: I'll look at it again. So what's coming up?

OP: Next time, I wanted to take resiliency to another level with "radical contentment," to escape the clutches of relative deprivation. What's that, you say? Tune in and find out. Kelly?

To recap, we've invested \$1,900 in *our* development, including \$750 of my own resources, and now \$400 from our sponsors.

KC: Your support contributed significantly to my improved wellness scores. I'm not feeling anxious or depressed at all right now. Or you can say I'm anxious in an excited way to start this new job with higher pay, after you helped me convince them of my innocence and readiness.

Yeah, thank you all for helping us get closer to our goals. CS:

Yes, thanks. That's all for today's session. OP:

all: Thanks. | Good bye. | Signing off. | Till next time. | Bye.

OP: Bye.



24. Avowal when impacted needs must be addressed

Sp3: I'm a lawyer working on innocence claims for those in federal facilities. But we just received a grant to start helping the formerly incarcerated with compelling innocence claims. Your estimated innocence postings intrigued me. Might make our job much easier.

OP: Glad we came up on your radar.

Sp3: Yeah, you could help us convince our funders of the hidden magnitude of the problem.

KC: But we don't want to be coopted back into the status quo adversarial system.

Sp3: What's wrong with trusting the adversarial justice system?

CS: "We cannot solve our specific problems with the same generalizing we used to create them." Generalizing people to fit neatly into objectifying categories like guilt and innocence, or accuser and accused.

OP: I trust you're now acquainted with our unique conciliatory approach.

Sp3: A little. But not sure why you imply it's somehow pathological to use the tried-and-true forensic fact-finding process.

OP: We're not merely implying that it's a pathology to rely on adversarial categories but state it affirmatively. I **avow** that the needs we each experience must be addressed beyond the limits of these arbitrary but legal categories for your cognitive convenience.

Sp3: Categories of convenience?

KC: People aren't literally "good guys" and "bad guys," are they?

Sp3: Well, but if you, uh—

OP: We're not trying to debate your beliefs. But want to be certain you find this a good fit for you.

Sp3: Alright.

OP: If you can see the wisdom in transcending these binary categories, to appreciate how important it is for us to resolve needs, instead of painting them over with temporary relief, we could be just what you needed.

ST3: I was skeptical like you, not long ago. But the website does provide a lot of insightful information. For you to make an informed decision.

Sp3: Okay, thanks. I'll look into it.

We cannot solve our specific problems with the same generalizing we used to create them.

There is the *illusion* of justice...

RELIEVING PAIN

FOR WINNING SIDE

Then there is the substance of justice...

RESOLVING NEEDS

ON ALL SIDES

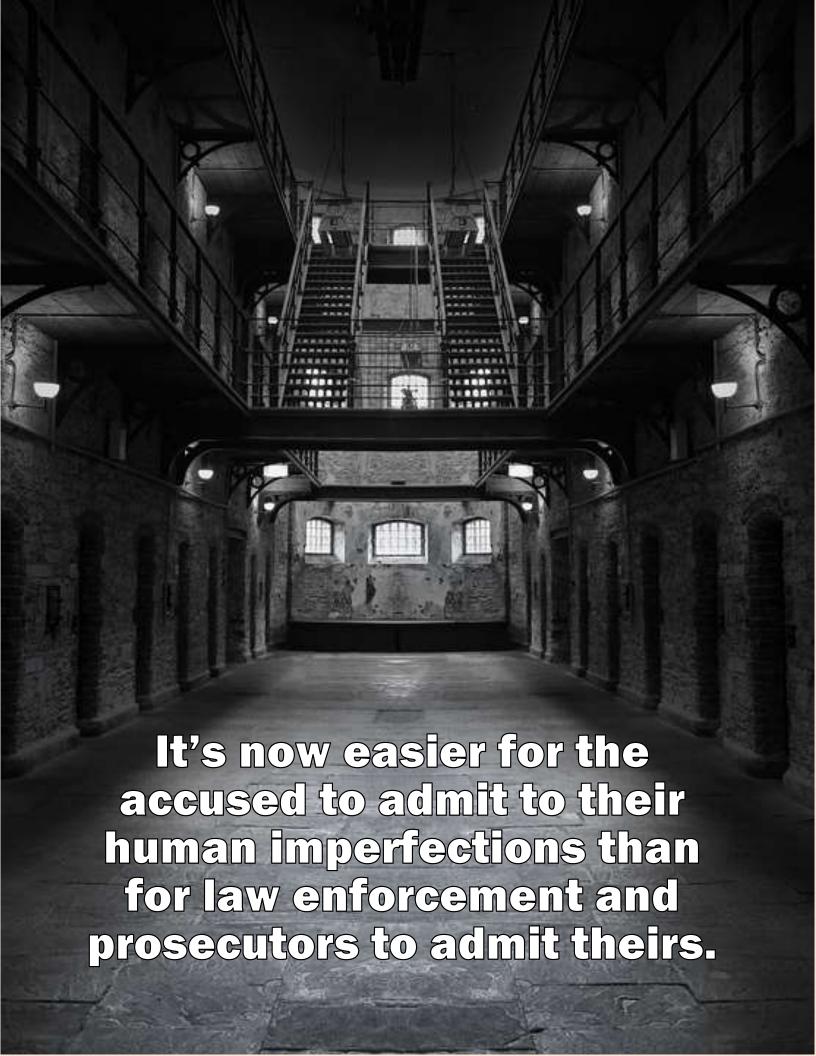
25. Optimizing need-experience orientations

- **OP**: Congratulations on your new job.
- **KC**: Thanks. I get my first paycheck tomorrow. Twice as much I've ever earned in a week in my whole life.
- **ST**: Is this where my return on investments come in?
- **OP**: You ready to settle accounts?
- **KC**: I suppose. I'm not yet officially exonerated, but I realize I agreed to that possibility going into this. It just seems so much closer in reach.
- **OP**: You can think about winding down, as you complete phase one. Or you can prepare for transitioning into phase two.
- **Sp2**: You can count on me to stick with it.
- **KC**: Well, yeah, I can see I'm, or we're all, on a roll here.
- **OP**: You can follow that momentum into a whole new level.
- KC: I'll sleep on it.
- **CS:** I'm with you, either way.
- KC: Thanks.
- **OP**: Of course, I'm going to do my best to entice you to continue. While it's your choice, I could use your resolve-over-relieve orientation.
- **KC**: My resolve-over-relieve orientation?
- **OP**: You're now oriented to resolve needs over merely relieving their pain and letting them fester. I suspect your new employer could exploit it, without our ongoing support to take you beyond mere employment.
- **KC**: Phase two, huh?
- **OP**: You know, it took till the turn of the century to realize same-sex attraction is not a pathology but a viable orientation, so what other orientations are we missing today? Care to help us find them?
- **CS:** Yeah, if it's okay for transgender folks to transcend opposing gender norms, why not appreciate us for transcending opposing judicial norms?
- **Sp2**: I'm not sure if that's a viable comparison. But I'm open to considering it.
- **KC**: I'm open to continuing.
- **OP**: Great! After the recap, I can send you more info to help you decide.

Fear is your body's way of reporting what it perceives it cannot handle.

All pain stems from unresolved needs. Pain only occurs to get us to remove whatever hinders our functioning.

Resolved needs remove pain, albeit not as fast as we'd like, since it no longer must report the painfully unresolved need.





Value Relating Transjudicial Services

Transjudicial is one of three "psychosociotherapy" services offered by Value Relating, a new kind of support service.

Learn more at Value Relating:

https://www.valuerelating.com/services

Know of anyone wrongly convicted and not yet exonerated. This service is created specifically for them.

solving problems by resolving needs

