



THE RESTORATIVE PRACTICES --ADVOCATE--

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A NEWSLETTER for EDUCATORS

Restorative Expression

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we're not alone." - **Fred Rogers**

"We're often afraid of being vulnerable, but vulnerability creates genuine connection." - **Gabby Bernstein**

"We cannot live only for ourselves. A thousand fibers connect us with our fellow men." - **Herman Melville**

"The key to the happy life, it seems, is the good life: a life with sustained relationships, challenging work, and connections to community." - **Paul Bloom**



By **Jeffon Seely**
Author, Transformational Speaker

Connection Builds Peace*

Wherever there is division, conflict slowly begins to swell. Therefore, conflict is the effect of division. In this time on planet earth, it doesn't take too much energy to witness division. We see it in religion, in nations and borders. We see it in politics, even in the communities where we live. Some of these divisions create minimal issues, and others are the source of war, atrocities, genocide and unimaginable levels of suffering. Yet all of them stem from the concept of division.

As long as we divide the world as "you" and "me," conflict will continue. In the understanding of our shared humanity, peace begins.
- **Jiddu Krishnamurti**

We are equipped with a consciousness, a mind that can create nearly anything. It can create harmony, peace, love, opportunity, connection and abundance. And we've been taught to use it often unconsciously to create and perpetuate division.

I want to be very clear: I am talking about the world we are in. We can bypass this and solely talk about the universal Oneness of all, and that is important, but we must use this idea of oneness to bring peace to this experience of *now*.

How do we then rid the world of conflict? Simple, the answer is unity. Yes, we may be in different parts of the world. We may have been taught different philosophies. But we all are human, connected by God. Let us find unity with those we see as different and watch as division turns into connection and connection builds peace.

AFFIRMATION: I am a unifier. I dissolve division by moving with a consciousness of unity.

(*Reprinted with the author's permission, from *Science of Mind Magazine*.
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We. Stay. The. Course.

CALENDAR

FROM YOU!

SHARE RESTORATIVE EVENTS OF VALUE!
We'll promote them here. Write to:
rob.simon.rp@usd259.net.

For YOUR Information



The 10th National Conference on Community and Restorative Justice is in New Orleans, July 7–10, 2026. Join practitioners, advocates, educators, and community leaders from across the country and elsewhere for a transformative gathering, where your **Rob Simon will be presenting a breakout session!** For more: <https://www.nacrj.org/2026-conference/>



To see part of the Restorative Practices future, follow RP OG, Ted Wachtel, here. BANR is part of the new vanguard of community focused RP!

<https://mailchi.mp/b581e3d957eb/scholarship-opportunity-for-leadership-training-17273412?e=732e5fe915>

The Drama Triangle And Restorative Practices

The **Drama Triangle** is a model of human interaction or conflict developed by **Stephen Karpman** that recognizes three roles: **The Victim**, who identifies (or is identified as) helpless, powerless, or oppressed, and incapable of solving their own problems; **The Rescuer** who often plays the role of enabler by fixing problems for others in order to feel needed; and **The Persecutor** who often sees herself or himself as superior, and who generally seeks to control, blame, or criticize others. Furthermore, individuals may toggle between these roles to meet shifting psychological needs... further complicating interactions. For healthier relationships, the goal, then, is to move away from these roles that feed dysfunction by being accountable, communicating directly, and fostering personal empowerment.

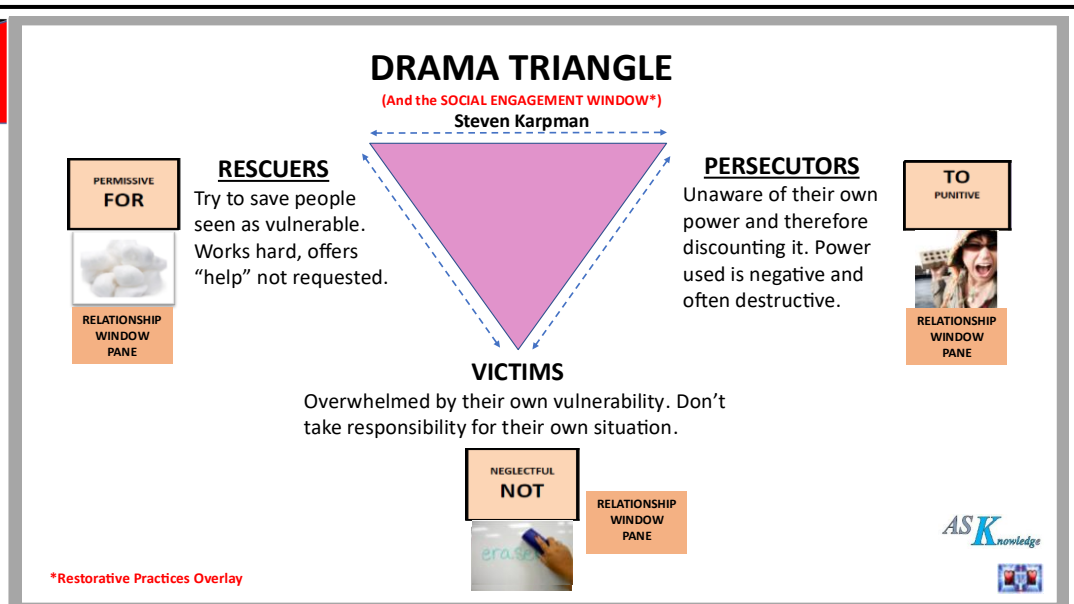
In the language of restorative practices, as demonstrated in the diagram here, these three roles are represented by the three quadrants of the social engagement window that are not restorative – what we call the **TO** box, the **FOR** box, and the **NOT** box.

In an article called **The Drama Triangle: The Way Out Is In** by **Dr. Olly Alexander Branford MD MBBS MA(Cantab) PhD**, he writes: *"Invariably, the perceived problem (which is never a real problem) is never the actual problem. The problem is usually one of low self-worth as we have forgotten who we truly are."* The reason that people are triggered in any situation is because of this, so the actors project different roles onto others. The idea is to move away from the extreme edges of the Drama Triangle towards the centre, where there's a much healthier and more positive balance.

By doing this we move from being an oppressive **Persecutor** to an assertive person with good boundaries. We shift from playing the role of helpless **Victim** to a humble yet infinitely powerful state of self-awareness. We stop being self-sacrificing **Rescuers** and move towards attunement and compassion. You then assert rather than persecute, you are vulnerable but you're not a victim, [and] you are caring but you don't overstep the mark.

Right in the middle of the Drama Triangle, at the sweetest spot of all, we find the place where all our roles integrate, the place where we are self-aware, present in the moment, and are coming from an assertive level adult place. From a stance where you are okay, and others are too."

For more: <https://medium.com/@OllyAlexander/the-drama-triangle-the-way-out-is-in-dfa37074ecf8>



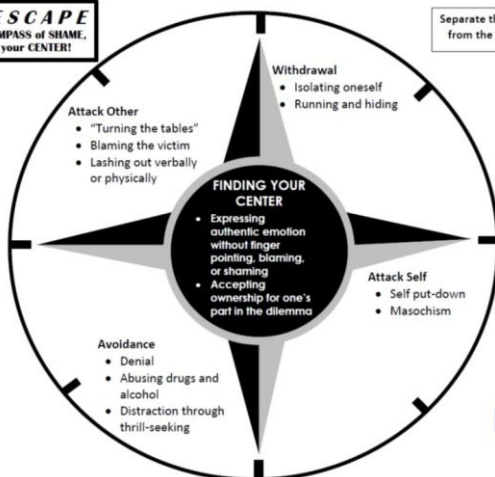
For your...

RESTORATIVE TOOLBOX



Centering Allows Escape from the Drama Triangle AND the Compass of Shame*

To ESCAPE
The COMPASS OF SHAME.
Find your CENTER!



Borrowing from the expanded version of the **Social Engagement Window**, to be **RESTORATIVE** is to center people as **"SUBJECTS TO BE HONORED,"** while maintaining an **INCLUSIVE Tone** and a **Brain State of Relaxed Alertness** for focusing on **EMPOWERMENT** and **Problem Solving**.

In the article above, Branford says centering means we assert rather than persecute, we're vulnerable but not a victim, and we're caring but don't overstep the mark. And in the diagram at the left, we are invited to center by expressing authentic emotion without finger pointing blaming or shaming and accepting ownership for our part in a dilemma [and encouraging others to do the same.]

Ultimately, this is why the main centering message of Restorative Practices is, **"It's ALL about RELATIONSHIP!"** Further, **RELATIONSHIP** requires our very best in communication, and the result is more **LEVERAGE** for all other outcomes!

Let's work on centering WITH each other!