1) Write your name in the middle grey circle.

2) The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. We encourage people to write the names of actual individuals, instead of things such as “my church group” or “my neighbors.”

3) The dotted lines surrounding your pod are people who are “movable.” They are people that could be moved into your pod but need a little more work. For example, you might need to build more relationship or trust with them. Or maybe you’ve never had a conversation with them about prisons or sexual violence.

4) The larger circles at the edge of the page are for networks, communities or groups that could be resources for you. It could be your local domestic violence direct service organization, or your cohort in nursing school, or your youth group, or a transformative justice group.