

SOFIA'S STORY - DISCUSSION GUIDE

This resource is intended to aid a group conversation after watching the video (or reading the transcript) of '[Sofia's Story](#)'.

The purpose of the conversation is to explore Sofia's experience and to celebrate her freedom and the work of The Salvation Army in Tres Arroyos.

Trigger Warning

Sofia's story includes mention of domestic abuse and baby loss. This may be a trigger for some in your group/congregation and may cause distress. Please ensure you give a warning about the content before showing the video/sharing the story.

This discussion may encourage someone to disclose their own story/experience of abuse. In preparation for such a disclosure, familiarise yourself with The Salvation Army UKIT Safeguarding Policy for how to respond to and follow up on a disclosure of Domestic Abuse, whether current or historic. Visit www.salvationarmy.org.uk/domestic-abuse for more information.

Note for the Leader

- If you are facilitating this conversation, allow people to talk openly, trying not to reframe their responses and opinions.
- Use open encouraging body language, reflect their phases back and invite others to respond as well rather than feeling you need to remain 'in control'.
- Remember the purpose of this conversation.
- There are no right or wrong answers.

Discussion Questions

- After hearing Sofia's story, what phrases or thoughts come to mind? What feelings are you experiencing?
 - In what way might these relate to your own experience of being in a relationship?
- What shocked and surprised you most about Sofia's story?
- How do you think you might respond if you were Sofia's friend or colleague?
- What characteristics might describe Sofia?
- How does the fact that Sofia lives in Argentina make you consider her experience?
- In what way does Sofia's story give you hope for:
 - Yourself
 - Survivors of domestic abuse
 - The work of the Salvation Army in Tres Arroyos

