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DESISTCARDS

Resource-oriented cards
for counseling

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**The DesistCards were
developed within the icommit
project by modus|zad &
designed by Sandra Treisbach.**



For more information,
please visit our website
or contact us:

<https://modus-zad.de/>

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RELATIONSHIP & BELONGING

— Overview —



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— Relationship & Belonging —

OVERVIEW

- *Family of origin*
- *Partnership and children*
- *Friends*
- *Community*
- *Support services*



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INDIVIDUAL DEVELOPMENT

— Overview —



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— Individual Development —

OVERVIEW

- *Motivation to join*
- *Motivation to leave*
- *Personality traits*
- *Reflectivity*
- *Identity*
- *Emotions*
- *Beliefs and values*
- *Wellbeing*
- *Gender lens*
- *Appearance*



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PRACTICAL LIFE

— Overview —



OVERVIEW

- *Home environment*
- *Educational/vocational training*
- *Employment*
- *Financial situation*
- *Leisure & joyful activities*



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CHALLENGES

— Overview —

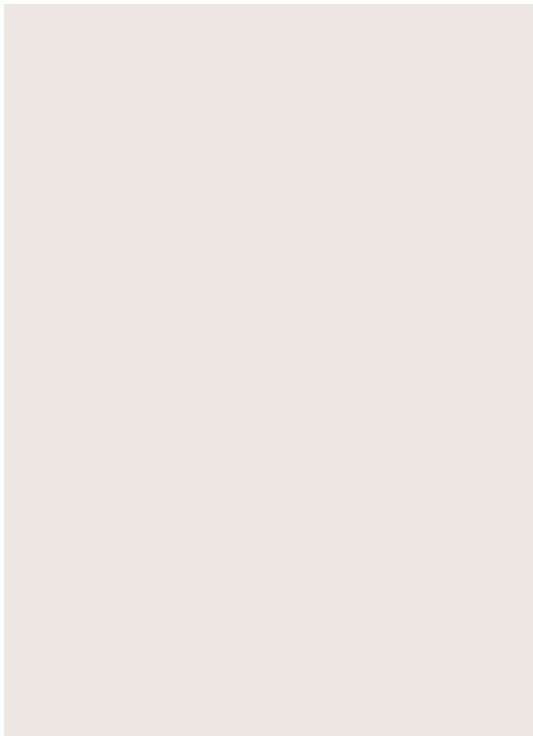


OVERVIEW

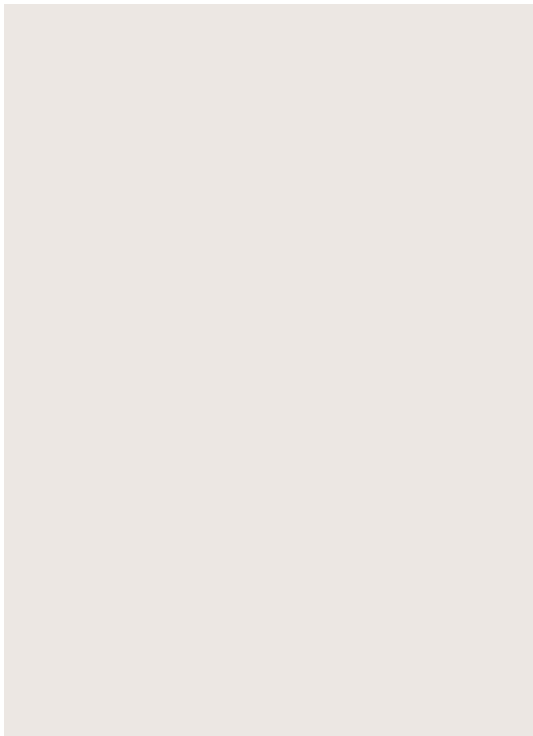
- *Contact with scene (members)*
- *Retaliation*
- *Alcohol & substance consumption*
- *Administrative hurdles*
- *Losses*
- *Criminal and violent behaviour*
- *Stigmatization*
- *Prosecution and imprisonment*



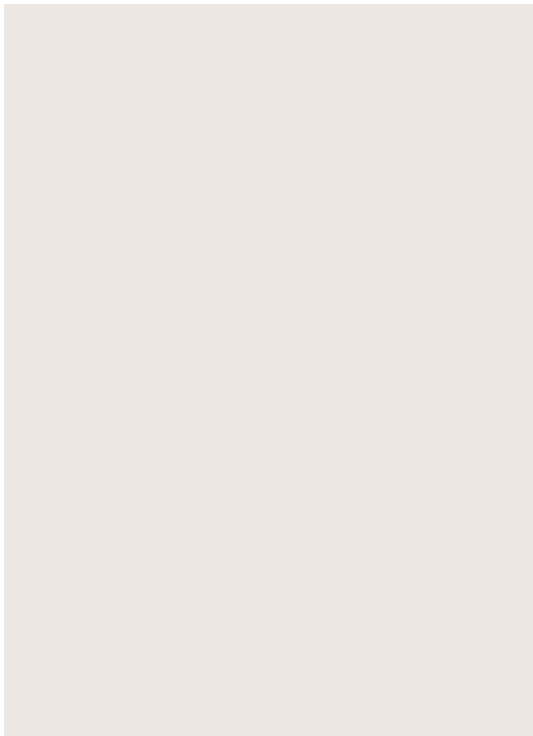
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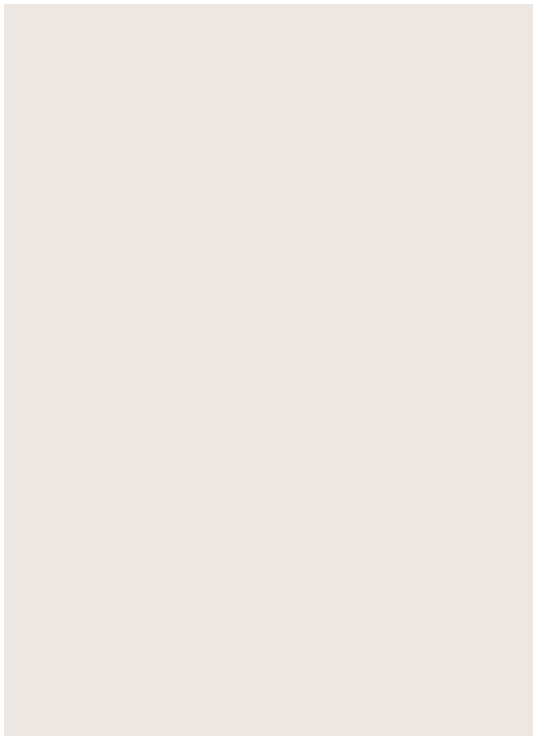
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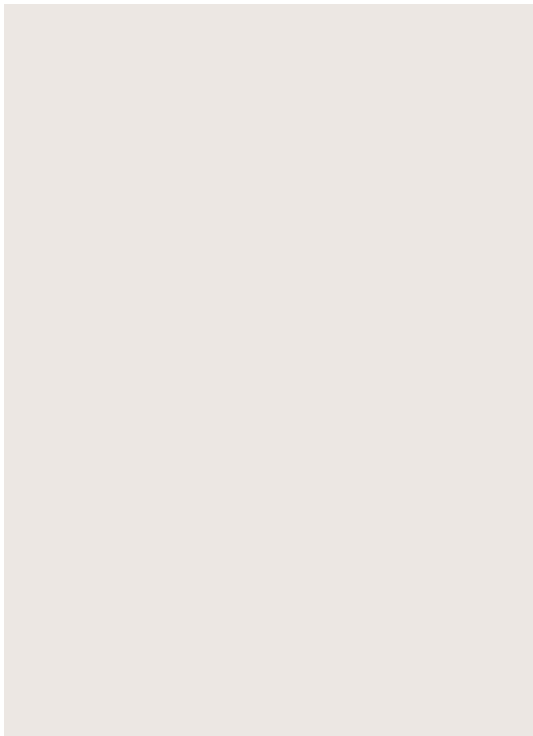
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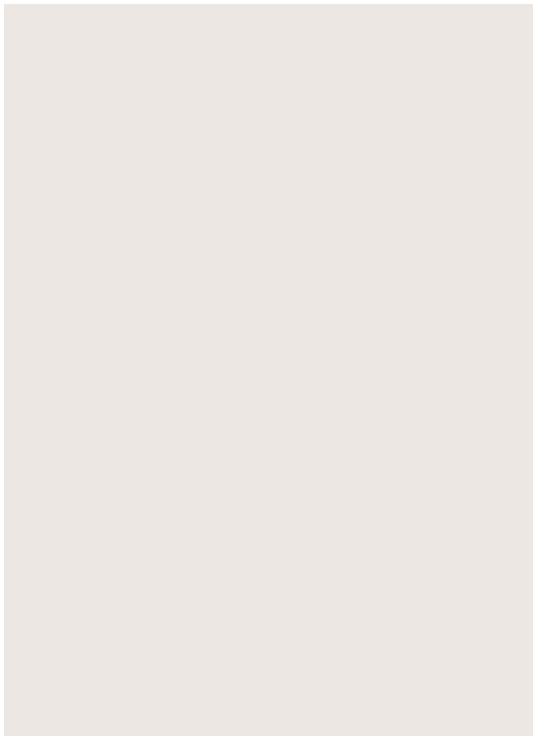
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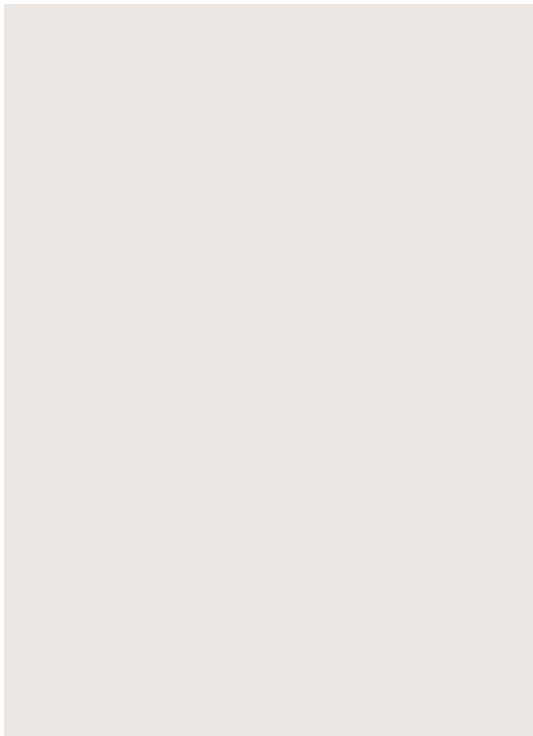
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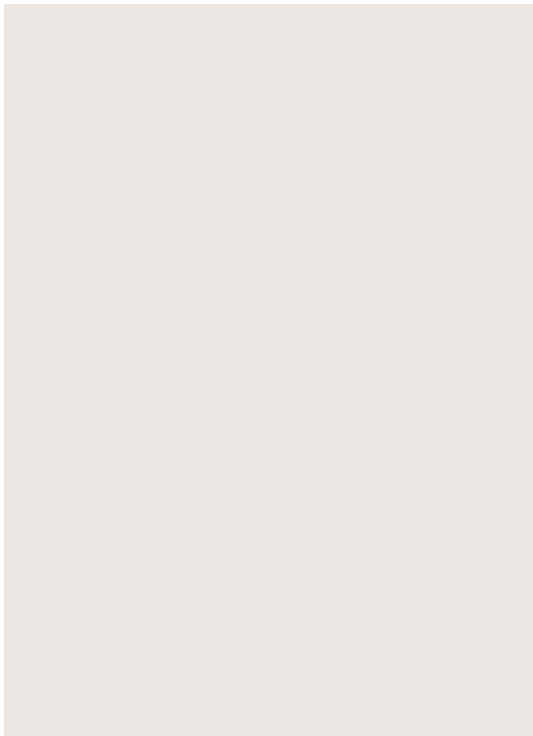
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FAMILY OF ORIGIN

—— Relationship & Belonging ——



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— Relationship & Belonging —

FAMILY OF ORIGIN

- *Who do you see as your family?*
- *How would you describe your relationship to your family (members)?*
- *How would you like your relationship to your family members to be?*



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PARTNERSHIP AND CHILDREN

— Relationship & Belonging —





— Relationship & Belonging —

PARTNERSHIP AND CHILDREN

- *What is your family situation? Do you have a partner or a child?*
- *How would you like your partnership/ family situation to be?*



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FRIENDS

—— Relationship & Belonging ——



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— Relationship & Belonging —

FRIENDS

- *Who are your friends? What do you have in common?*
- *How would you describe your role in the group (in one word)?*
- *What do you wish regarding your friends?*



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COMMUNITY

—— Relationship & Belonging ——



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— Relationship & Belonging —

COMMUNITY

- *Are you involved in a specific community?*
- *Which group would you mostly identify with?*
- *Is there a group/community you would like to be part of?*



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SUPPORT SERVICES

—— Relationship & Belonging ——



SUPPORT SERVICES

- *Which support services (e.g. youth welfare worker, lawyer, doctor, social worker) are you in contact with?*
- *How would you describe the contact to those support services? Do you find them helpful?*
- *Which (professional) support would you additionally need/wish for?*



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MOTIVATION TO JOIN

— Individual Development —



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— Individual Development —

MOTIVATION TO JOIN

- *What made you get involved in the scene/ideology?*
- *What benefits and positive experiences kept you in the scene/made you stick with the ideology?*
- *What kept you from leaving the scene/ideology?*



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MOTIVATION TO LEAVE

— Individual Development —



MOTIVATION TO LEAVE

- *What is your motivation to leave the scene/ideology behind?*
- *For whom and for what reasons do you want to distance yourself further?*



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PERSONALITY TRAITS

— Individual Development —



PERSONALITY TRAITS

- *When you think of yourself, what positive personality traits come to mind?*
- *Which are personality traits of yours you would like to change?*



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REFLECTIVITY

— Individual Development —



REFLECTIVITY

- *Compared to the past, how has your thinking and behaviour changed?*
- *How do you explain certain situations that happened in the past?*
- *What other explanation and perspectives could there be?*



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IDENTITY

— Individual Development —



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— Individual Development —

IDENTITY

- *How do you see yourself? Is this consistent with how others might see you?*
- *How would you like to be seen?*
- *Who would you like to be?*



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EMOTIONS

— Individual Development —



EMOTIONS

- *In which situations do you have strong emotions?*
- *How do you deal with those emotions?*
- *How would you like to handle your emotions?*



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BELIEFS AND VALUES

— Individual Development —



BELIEFS AND VALUES

- *What are important values for you?*
- *Why are those values important for you?*
- *Which effects do these values have on you? To which behaviour and thinking do these values lead?*



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WELLBEING

— Individual Development —



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— Individual Development —

WELLBEING

- *How are you feeling in general?*
- *How would you like to feel?*
- *What needs to happen, that you feel the way you want to feel?*



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GENDER LENS

— Individual Development —



GENDER LENS

- *Which gender do you identify with, why, and what is important for you because of it?*
- *Have you thought about how your gender influences your life? (The decisions you made? What other people expect from you and see in you? How people treat you?)*
- *What do you think about the gender roles in the extremist scene?*



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APPEARANCE

— Individual Development —



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— Individual Development —

APPEARANCE

- *How would you like to be perceived by others regarding your appearance? Do you want to express something with your appearance?*
- *Is or was something of your appearance connected to the extremist ideology/scene?*
- *Is there anything regarding your appearance that you would like to change or that you changed already?*



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HOME ENVIRONMENT

— Practical Life —



HOME ENVIRONMENT

- *How do you feel in your current living situation?*
- *What do you like and dislike about it?*
- *What do you want to change?*



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**EDUCATIONAL/
VOCATIONAL
TRAINING**

— Practical Life —



EDUCATIONAL/ VOCATIONAL TRAINING

- *In which educational/vocational programme are you enrolled and what do you like about it?*
- *In which educational/vocational programme would you like to be enrolled?*
- *What steps do you need to take to reach your aims regarding your educational/vocational training?*



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EMPLOYMENT

— Practical Life —



EMPLOYMENT

- *How are you feeling about your current employment?*
- *What do you like about your job?*
- *What job would you like to have?
Which positive effect could this job have on you?*



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FINANCIAL SITUATION

— Practical Life —



FINANCIAL SITUATION

- *How do you feel about your current financial situation?*
- *What are your goals regarding your financial status and how would you like to achieve it?*



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LEISURE & JOYFUL ACTIVITIES

— Practical Life —



LEISURE & JOYFUL ACTIVITIES

- *Which leisure and joyful activities do you like?*
- *How do you like to relax?*
- *What hobby or activity would you like to do?*
- *What positive effects do you feel when you pursue the activities that you enjoy most?*



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CONTACT WITH SCENE (MEMBERS)

— Challenges —



CONTACT WITH SCENE (MEMBERS)

- *Are you still in touch with people from the extremist network?*
- *Why did/do you like the contact with them?*
- *How does it affect your process of leaving your former lifestyle behind?*



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RETALIATION

— Challenges —



RETALIATION

- *How do you feel about the people you have been in contact with while being active in the scene?*
- *How was the reaction of former friends/members about you distancing?*
- *Did anyone threaten you or your close ones because you decided to change your life?*



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ALCOHOL & SUBSTANCE CONSUMPTION

— Challenges —



ALCOHOL & SUBSTANCE CONSUMPTION

- *How do you feel about your drinking patterns and/or drug consumptions?*
- *Which positive and negative effects do you feel because of it?*
- *What would you like to change concerning your consumption? What would help you with this?*



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ADMINISTRATIVE HURDLES

— Challenges —



ADMINISTRATIVE HURDLES

- *What struggles do you have regarding authorities or administrative bodies?*
- *In what way does it impact you?*
- *What would help you with it?*



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LOSSES

— Challenges —



LOSSES

- *What have you been missing since you left behind your former lifestyle? (e.g. friends, sources of income, social status, power, orientation, support, feeling of belonging, respect)*
- *How do you feel about these losses?*
- *What would help you to heal/overcome/cope with these losses?*



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CRIMINAL AND VIOLENT BEHAVI- OUR

— Challenges —



CRIMINAL AND VIOLENT BEHAVIOUR

- *How are you feeling about your criminal and/or violent behaviour?*
- *What are the reasons for your criminal and/or violent behaviour?*
- *Is there something you would like to change regarding your criminal and/or violent behaviour? What would help you to make the change possible?*



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STIGMATIZATION

— Challenges —



STIGMATIZATION

- *Do you feel people treat you differently due to your (former) lifestyle/your actions/convictions?*
- *How does that make you feel?*
- *How do you react to this?*
- *What would help you to deal with assumptions people make about you?*



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PROSECUTION AND IMPRISONMENT

— Challenges —



PROSECUTION AND IMPRISONMENT

- *How does prosecution/imprisonment affect you?*
- *Which positive and negative effects can you see in your prosecution/ imprisonment?*
- *What would help you to deal with your prosecution/imprisonment?*

