

The story of the silks

What is it?

The 'Silks' performance consists of nine negative and nine positive comments. It involves a minimum of two people, one person seated and another to read out the comments. As the negative comments are read, a silk scarf is placed around the seated person's shoulders, weighing them down.

After all the negative comments are read, the positive comments are then read and the scarves removed.

This powerful and moving performance highlights how negative and positive comments affect others.

Below are statements you can use for your own performance:

NEGATIVE STATEMENTS

1. I felt so lucky to have met a handsome, caring boyfriend. No one had treated me like this before and I enjoyed the attention.
2. He texted and phoned me often during the day to see where I was.
3. I introduced him to my Mother and he was utterly charming. She thought I had done well for myself and said I should hang on to this one.
4. When we moved in together his behaviour became possessive and he was checking up on me all the time, even at work. He was always apologetic afterwards and told me how much he loved me. My Mother said I was lucky to have such an attentive fiancé.
5. The first time he hit me was when I had to work late at short notice and he was convinced I had been with someone else. He was so sorry after that and swore it would never happen again. But it did.
6. I became pregnant and things got worse. I felt trapped in a relationship with a charming monster. Who would believe me? How could I get out of this situation? How could I keep myself and my baby safe.
7. I tried to talk to my Mother and she did not believe me. She thought he would make a great Dad.
8. The next time he hit me I had to go to A & E. He came of course so I could not say much. Because of the pregnancy they decided to take me for a check and that's when the nurse asked if I was in any danger. I broke down and told her everything because I was so afraid of losing my baby.
9. When the police arrived he lost the plot and tried to blame me.

POSITIVE STATEMENTS

1. I know now that it matters how I feel, not my friends or my Mother. My choices should not always depend on someone else's approval.
2. I am not so impressed by charm these days but by respect and kindness.
3. In any relationship there has to be leeway for ones own interests and the space to develop as an individual. I have that now.
4. Loving someone does not include permission to hit them. I now know that is not love.
5. Fear during pregnancy is not acceptable. I will not live in fear.
6. Seeking professional help is the first step out of abuse.
7. It takes courage to finally make the move out of the dangerous situation and make a fresh start.
8. Support is there in many forms and makes a new life possible.
9. My new life with my daughter is good and I have family support too.