

THE NONJUSTICE SYSTEM

WELCOME TO THE NONJUSTICE SYSTEM.

Introduction

When people are hurt, mistreated, or neglected, or when somebody they care about is hurt, mistreated, or neglected, they may want to punish or seek revenge against the wrongdoer. For some people, or at some times, this desire to punish can become overwhelming, so that it interferes with other thoughts and activities or even leads to harmful behavior. The Nonjustice System was developed to try to help victims of wrongdoing who have overwhelming or powerful feelings of revenge to cope with or gain relief from them.

In the Nonjustice System, an injured person who is experiencing a powerful desire for revenge against one or more wrongdoers is given the opportunity to role play prosecuting the person(s) who harmed them through each of the steps of a criminal court proceeding, including:

1. The Indictment
2. The Plea
3. The Prosecution's Case
4. The Defense's Case
5. The Verdict
6. The Sentence
7. The Appeal
8. The Punishment

Unlike the traditional justice system, in the Nonjustice System the victim gets to play *all* of the roles in a criminal proceeding, including the prosecutor, defendant, defense lawyer, jury, judge, appellate court, and even administrator punishments. Also unlike the traditional justice system, there is an additional ninth step called "The Final Judgment."

The Nonjustice System works by you to playing a new role at each step of the prosecution of the person(s) who harmed you and responding to a series of questions.

When you are ready, let's begin...

**THIS FORM MUST BE SIGNED BY THE USER BEFORE PROCEEDING
(PROCEEDING WITHOUT SIGNING INDICATES AGREEMENT TO ALL TERMS
BELOW)**

1. The Nonjustice System is a role-playing exercise during which a victim of wrongdoing is invited through a series of questions to imagine what it might be like to prosecute his or her transgressor(s) in the justice system. During the process, the victim is asked to recall the circumstances and details of the wrong(s) in question. This may cause discomfort or distress and trigger powerful emotions. Although for many people these are familiar discomforts and emotions of remembering traumatic circumstances, please do **NOT** proceed with the Nonjustice System unless you are certain that doing so will not in any way harm you emotionally, mentally, or physically. **If you proceed with the Nonjustice System, then intending to be legally bound you represent and agree that you accept and assume these and all other related risks of using the Nonjustice System and you release the creators, providers and administrators of the Nonjustice System from all legal liability of any form whatsoever arising from or related to your use of the Nonjustice System.**

2. The Nonjustice System invites the victim to imagine what it might be like to witness his or her transgressor(s) being punished for the wrong(s) committed. This is done to create a safe space (within the imagination) in which to experience what it might be like to get justice against a transgressor without placing the victim or the transgressor at risk of actual physical harm or jeopardy. It is believed that by creating this safe imaginary experience, the desire to seek justice or revenge in the “real world” will be reduced and the risk of violence or negative outcomes will be lessened. **If you proceed with the Nonjustice System, then intending to be legally bound you represent and agree to the creators, providers and administrators of the Nonjustice System that you will NOT engage in any conduct, whether by act or omission, that could in any way result in harm to yourself, the transgressor(s), or any other person or entity arising out of or related to your use of the Nonjustice System.**

Date Print Name (user of Nonjustice System) Signature

Date Print Name (witness of user’s signature) Signature

STEP ONE

THE INDICTMENT

Imagine that you are in a courtroom. (You can close your eyes if you like.) Take note of the judge's bench and the witness stand, the jury box and the lawyers' tables, the viewing gallery and the courtroom doors. Notice all of the sights, sounds, and smells.

*Now imagine that you are the **PROSECUTOR** in the case against the person (s) who harmed you. The judge is at the bench, and the courtroom has been brought to order. Your first job as prosecutor is to charge the defendant(s) (the person (s) who harmed you) with the wrongs, offenses, mistreatments, and neglects committed. Imagine the defendant(s) seated at the defense table with a lawyer. You are standing, ready to address the court:*

- a. Look at the defendant and repeat the following out loud:

“As the prosecutor in the Nonjustice System, I charge _____ [insert name of person(s) who harmed you] with committing the following wrongs and offenses: _____. **Note: You are not limited to listing only formal criminal charges. You can include, in your own words all wrongs that you believe the person (s) who harmed you committed.**

- b. What are you thinking and feeling as you play the role of the Prosecutor in the case against the person (s) who harmed you?
- c. Now switch roles and imagine yourself as the victim listening to the Prosecutor stating the charges against the person(s) who harmed you. What are you thinking and feeling as you hear the charges being read aloud in court?

Proceed to Step 2 (The Plea).

STEP TWO

THE PLEA

*You are no longer the Prosecutor. Imagine now that you are **THE DEFENDANT (THE PERSON(S) WHO HARMED YOU)**. (You can close your eyes if you like.) Imagine sitting at the defense table. You have just heard the prosecutor state the charges against you in open court.*

- a. As the defendant(s) who harmed you (the defendant), what are you thinking and feeling as you hear the charges being read against you?
 - i. Are you denying the charges? Are you thinking that you are innocent?
 - ii. Are you thinking that you have an excuse? Are you thinking that there must be some misunderstanding?
 - iii. Are you thinking that you are the victim here?
 - iv. Are you thinking of a defense or ways to avoid punishment?
 - v. Are you feeling sad, happy, ashamed, proud, remorseful, resentful, bored, numb?
 - vi. Anything else?

As the defendant (s) who harmed you, you must now enter your plea of “guilty” or “not guilty” to the charge(s). Imagine that you rise to address the court:

- b. Do you plead GUILTY or NOT GUILTY?

Now switch roles again and imagine yourself as the victim watching everything in court.

- c. What are you thinking and feeling as you hear the person(s) who harmed you plead guilty or not guilty?

Proceed to Step 3 (The Prosecution’s Case). Note: Even if the person(s) who harmed you admit(s) guilt at this step, the case in the Nonjustice System continues.

STEP THREE

THE PROSECUTION'S CASE

*You are no longer the defendant(s). Imagine now that you are **THE VICTIM** and that the trial is about to start. (You can close your eyes if you like.) Imagine that the prosecutor calls you as the first witness. You take your place on the witness stand and the court clerk asks you to raise your right hand and places you under oath. You can see the judge, the person(s) who harmed you, the defense lawyer, and the people in the gallery.*

The prosecutor approaches and begins asking you the following questions:

- a. As the victim, in your own words please tell the court in detail exactly what happened.
 - i. What did the defendant(s) do? (i.e., what specific wrongs, offenses, mistreatments, and neglects did the person(s) who harmed you commit?)
- b. What specific injuries did you suffer as a result of the actions or inactions of the defendant(s) (include physical, mental, and emotional injuries and economic injuries)?
- c. Since the events in question, have you spent much time thinking about what happened? Please describe how much time and what this has been like for you.
- d. Since the events in question, have you thought about or imagined punishing the person(s) who harmed you or making him/her/them pay for what was done? Please describe what/how.
- e. Since the events in question, have you thought about trying to reconcile or make peace with the person(s) who harmed you? Please describe what you did and how the wrongdoer(s) who harmed you responded?
- f. Since the events in question, have you tried to avoid the person(s) who harmed you? Please describe what you did and how the person(s) who harmed you responded?
- g. Have the events in question changed your life in any way? If so, please describe how?

Proceed to Step 4 (The Defense's Case)

STEP FOUR

THE DEFENSE'S CASE

*You are no longer the victim. Imagine now that you are (again) **THE DEFENDANT(S) (THE PERSON(S) WHO HARMED YOU)**. (You can close your eyes if you like.) You have just heard the testimony against you. Imagine that the prosecution has rested its case and that your lawyer now calls you to the witness stand. The court clerk asks you to raise your right hand and places you under oath. You see the judge, the prosecutor, the victim, and the people in the gallery.*

Your lawyer approaches and begins asking you the following questions:

- a. As the defendant(s), in your own words please tell the court in detail exactly what happened.
 - i. Did you do anything to harm the victim?
 - ii. If you harmed the victim, was it intentional? Was it an accident?
 - iii. Is the victim in any way responsible for what happened?
 - iv. Are there any other explanations for what happened?
 - v. How do you feel about what happened? Do you feel remorse?
 - vi. Have you been hurt by what happened? If so, how?
- b. Since the events in question, have you spent much time thinking about what happened? Please describe how much time and what this has been like for you.
- c. Since the events in question, have you thought about or imagined punishing the victim or making him or her pay for what happened? Please describe what/how.
- d. Since the events in question, have you apologized to the victim or done anything to try to reconcile with or make amends or peace with the victim? If so, what? How was this received?
- e. Have the events in question changed your life? If so, how?

Now imagine yourself as the victim listening to the testimony of the person(s) who harmed you.

- f. What have you been thinking and feeling about this testimony?
- g. Has your view of what happened or the person(s) who harmed you changed? If so, how?

Proceed to Step 5 (The Verdict)

STEP FIVE

THE VERDICT

*You are no longer the defendant(s). Imagine now that the trial has ended and you are a **JUROR** in the jury room deciding on the verdict. (You can close your eyes if you like.)*

- a. What are the strongest arguments for finding the defendant(s) guilty?
- b. What are the strongest arguments for finding the defendant(s) not guilty?
- c. Are the facts clear, or are there doubts or ambiguities?
- d. Are there any other circumstances to consider?
- e. As a Juror, what are you thinking and feeling as you consider the guilt or innocence of the person(s) who harmed you?

Imagine now that you are back in the courtroom. The time has come for you as a Juror to render your verdict. The judge has asked the person(s) who harmed you to rise and face you.

- d. Do you find the person who harmed you guilty or not guilty?
- e. How does it feel to sit in judgment of another person?

Now imagine yourself as the victim listening to verdict.

- f. How does it feel to hear the verdict spoken aloud in court?
- g. Has your view of what happened, the person(s) who harmed you or yourself changed?

*If you have found the person(s) who harmed you **GUILTY** of any charge, proceed to Step Six (the Sentence).*

*If you have found the person(s) who harmed you **NOT GUILTY** of all charges, your dispute has been resolved and you may exit The Nonjustice System. Before exiting the system: What changed your mind about the guilt of the person(s) who harmed you? How do you feel about ending the dispute at this point? Is there anything you need to do or not do to move forward with your life?*

Proceed to Step 6 (The Sentence)

STEP SIX

THE SENTENCE

*You are no longer the Juror. Imagine now that you are the **JUDGE**. (You can close your eyes if you like.) The jury has just found the person(s) who harmed you guilty. Your role as the Judge is to sentence the person(s) who harmed you to be punished.*

- a. What is the maximum (harshest) punishment you believe that the person(s) who harmed you should receive and why? **Note: The punishments can be anything you choose, not only jail time—even punishments that would be unusual or not be acceptable in a court of law.**
- b. What is the minimum (lightest) possible sentence you believe that the person(s) who harmed you should receive and why? **Note: The punishments can be anything you choose, even punishments that would be unusual or not acceptable in a court of law.**
- c. What factors are most important to you in selecting an appropriate punishment?
- d. What do you want to accomplish with this punishment?
- e. What are you thinking about and feeling as you decide on a punishment?

Imagine now that you ask the person(s) who harmed you to rise and face you as the Judge.

- f. What is your sentence? Be as specific as possible. **Note: The punishments can be anything you choose, even punishments that would be unusual or not acceptable in a court of law.**
- g. How does it feel to sentence somebody to be punished?

Imagine now that you are the victim hearing the defendant(s) being sentenced by the Judge.

- h. How does it feel to hear the person(s) who harmed you being sentenced?
- i. Has your view of the case, yourself or the person(s) who harmed you changed?

Proceed to Step 7 (The Appeal).

STEP SEVEN

THE APPEAL

*You are no longer the trial court Judge. Imagine now that you are the **Appellate Court Judge**. (You can close your eyes if you like.) The person(s) who harmed filed an appeal, asking that the verdict and sentence be reviewed one last time before any punishment is administered.*

- a. What factors are most important to you in reviewing the evidence and sentence?
- b. What are you thinking about and feeling as you review the evidence and sentence?
- c. Do you find the verdict (guilty or not guilty) correct or incorrect? Should it be overturned or affirmed?
- d. Do you find the sentence appropriate for the wrongs committed? Should it be modified, overturned, affirmed?

Imagine now that you are the victim listening to the Appellate Court's decision.

- e. How does it feel to hear the appellate court's decision?
- f. Has your view of the case, yourself or the person(s) who harmed you changed?

If you AFFIRMED the verdict and sentence, proceed to Step 8 (the Punishment).

If you MODIFIED the verdict or sentence in any way, either repeat Step 6 (the Sentence) or proceed to Step 8 (the Punishment) as you feel is most appropriate for the case.

If you have OVERTURNED the verdict and found the person(s) who harmed you INNOCENT, then the dispute has been resolved and you may exit The Nonjustice System. Before exiting the system: What changed your mind about the guilt or the sentence of the person(s) who harmed you? How do you feel about ending the dispute at this point? Is there anything you need to do or not do to move forward with your life?

Proceed to Step 8 (The Punishment).

STEP EIGHT

THE PUNISHMENT

*You are no longer the Appellate Court Judge. Imagine now that you are the **Administrator of Punishments**. (You can close your eyes if you like.) As the Administrator of Punishments, it is your role to impose the Sentence upon the person(s) who harmed you and to make certain that it is carried out in every detail.*

Imagine that you are now punishing the person(s) who harmed you.

- a. Where are you? What does it look and smell like? What are the sounds?
- b. Other than the person(s) who harmed you, is anyone else present? Who? What are they doing?
- c. What are you doing? What are you saying? What are you thinking? Feeling?
- d. What is/are the person(s) who harmed you doing? Saying? Thinking? Feeling?
- e. If others are present, what are they saying, thinking, feeling?
- f. What is it like for you to punish the person(s) who harmed you?
- g. Is punishing the person(s) who harmed you benefitting or hurting you? How?
- h. What happens when the punishment ends? What do you do? What does the person(s) who harmed you do? What do others do?

Imagine now that you are the victim watching the punishment being administered.

- i. As the victim, what is it like for you to see and know that the person(s) who harmed you is/are being punished?
- j. Is watching the punishment of the person(s) who harmed you benefitting or hurting you? How?

Proceed to Step 9 (The Final Judgment).

STEP NINE

THE FINAL JUDGMENT

*You are no longer the Administrator of Punishments. **You are just you again, the Victim.** The trial of the person(s) who harmed you is over and the sentence has been carried out.*

Imagine now that you are in a courtroom that is more vast and grand than the courtroom where the trial just happened. (You can close your eyes if you like.) Imagine that there is nothing in this courtroom other than a great judge's bench.

*Now imagine that this courtroom is where the **FINAL JUDGMENT** of a person's life takes place and **YOU (as the victim) are the PERSON WHOSE LIFE IS BEING JUDGED.***

Imagine that you are standing in front of the Judge's bench all alone. The bench is so big and towering that the Judge cannot be seen high above you. You can only hear the Judge's voice.

The Judge begins asking you the following questions:

- a. Do any of the wrongs and painful things committed by the person who harmed you exist here today in the present moment?
 - i. Can any of the wrongs be experienced—can you see, hear or feel them with your bodily senses?
 - ii. Can other people see or experience them?
 - iii. Do these wrongs of the past exist anywhere other than in your memories?
- b. Do any of your grudges, grievances or resentments against the people who hurt you exist anywhere outside of your own mind?
 - i. Can you see or experience these grudges with your senses?
 - ii. Can other people see or experience them?
 - iii. Do they exist outside of your emotions?
- c. Does the desire for justice or revenge exist anywhere outside of your mind?
 - i. Can you see or experience the desire for revenge with your bodily senses?
 - ii. Can other people see or experience it?
 - iii. Is the desire for revenge an emotion, feeling or craving?
- d. Is there any person or power outside of your mind that demands or requires you to seek justice or get revenge against those who have hurt or wronged you?
 - i. If so, who or what is this person or what is this force?
 - ii. What would happen if you disobeyed?
- e. Did prosecuting and punishing the person(s) who harmed you cause you to re-live and re-experience the wrongs and everything that happened to you?

- i. Was this painful or pleasant for you?
 - ii. Did this cause your grudges, grievances and resentments against the person(s) who harmed you to grow or lessen?
 - iii. Did it cause your desire for justice and revenge to grow or lessen?
- f. Do you have any options other than prosecuting and punishing the person(s) who harmed you?
 - i. Can you choose to forgive the person(s) who wronged you?
 - ii. Even if you cannot forgive the person(s) who wronged you, can you simply done nothing at all—neither forgive nor seek revenge?
- g. Imagine that you have forgiven the person(s) who harmed you or done nothing at all.
 - i. How would you feel?
 - ii. Would you avoid re-living and re-experiencing what happened?
 - iii. What would happen to your grudges, grievances and resentments?
 - iv. What would happen to your desire for justice or revenge?
 - v. Would you be more or less peaceful? More or less happy?

*Now imagine now that you are the **JUDGE AT THE FINAL JUDGMENT of your life**. Imagine that you are sitting high up on the Judge's bench looking down at yourself. Imagine that you have great wisdom and know all things.*

- h. What is your Final Judgment about yourself?
 - i. Do you choose to seek justice and revenge against those who have wronged you in the past?
 - ii. Do you choose another path?

The Nonjustice System is now over. But before you go...

- i. How are you doing?
- j. How do you feel?

END