

ONE HOUR IN PARIS

A TRUE STORY OF RAPE AND RECOVERY

By Karyn L. Freedman



Discussion Questions

What were your expectations of *One Hour in Paris* before you began reading it? Did you think there would be a certain way in which Freedman would frame and discuss her narrative? Did you have worries about how emotionally challenging it might be to read about this difficult topic? How did your expectations compare with the experience of reading the book?

Freedman mentions that it's not socially acceptable for a rape survivor to speak out about her experience. Has a female friend or family member ever spoken to you about being raped, or perhaps even assaulted or attacked? What were your honest reactions as this person told you her story? How difficult was it for her to tell you about it? If you haven't had this experience, how do you think you would respond if a female friend wanted to tell you about being raped?

Even if you personally feel that speaking about rape should be socially acceptable, why do you think there is still a stigma around it?

“... in the West, girls have been taught from a young age that the world is basically a safe place and that so long as you are sufficiently careful and intelligent, you can protect yourself from any serious harm.”

-page 73



Is the belief from the quote above one that you yourself hold? Freedman demonstrates how this belief causes rape survivors to blame themselves for the crime committed against them. Why is it so difficult for us to give up this belief? If this belief is so damaging to rape survivors, how can we begin to break apart this belief and restructure our approach to women's safety in society?

On page ninety-nine Freedman brings up a classical philosophic debate around the mind and the body: are they one, or are they distinct from each other? She brings up this debate in connection with the idea of trauma and how often physical forms of therapy work to help survivors heal. In light of her mention of the debate and the information given around physical ways some survivors work through trauma, what side of the mind/body debate do you take? Are the mind and body distinct from each other, or one? Can you relate this discussion to what Freedman mentions about rape?