



Circle Guidelines

These are generic guidelines related to the use of the talking piece in a circle. Group members may create their own guidelines that reflect the core values of the group.

- **SPEAK FROM THE HEART** – Your truth, your experiences, your perspective



- **LISTEN FROM THE HEART** – Let go of stories (pre-judgements) that make it hard to hear each other



- **SPEAK ONLY WITH THE TALKING PIECE**



- **NO PUTDOWNS OR INSULTS – RESPECT**

- **RESPECT CONFIDENTIALITY** (What is said in the circle stays in the circle. This pertains mainly to personal information or revelations.)



- **PASS IS OKAY**



Don't say all the things!

