

## Guidelines for Circles of Trust

1. Confidentiality: Respect and reverence what is said in the group. What is said here stays here.
2. The amount of self-disclosure is completely the speaker's choice.
3. While listening to the speaker, be an active listener. Drop the experience of the speaker down into your heart and let it sit next to your experience to hear what it says to you.
4. Share what you experienced as an active listener. Use "I" statements.
5. At the conclusion of sharing within the group quietly honor your own feelings and those of others.

