

# Conversation Agreement

For Zoom groups of 4-6 people

(have paper and something to write with available)

Read the Agreement out loud and as a group at the beginning of every session.

Everyone is responsible for the quality of the conversation. If someone goes off course, anyone can call the conversation back to the agreements:

- Only one person speaks at a time. Go in alphabetical order for speed and fairness. Everyone is offered the opportunity to share but sharing is always optional. Say 'pass' if you do not wish to share. At the end, offer an opportunity for anyone who passed to share should they now feel ready.
- Speak authentically from your own experience and to the point.
- Listen for understanding. Be curious about what others are saying. Try wondering "what brought them to this belief." If you find you have something burning in you to be spoken, write it down on the paper before you as a way to hold it so you can get back to listening.
- Pause when needed - after reading questions, between speakers - to breathe.\*\*
- Assign a time keeper so each person has the same amount of time for sharing.
- The person who shares is the owner of their story. Only they can talk about their story.
- Resist the temptation to try to fix, solve, advise, correct and even comfort. Instead, offer gratitude for what is shared.
- **Participation is always optional. You are always in charge of your own comfort and safety.**

**\*\*Breathe:** Remember to breathe in and out through your nose in a deep, slow, rhythmic way any time you feel uncomfortable. Make it a breath prayer by thinking "Welcome Holy Spirit" on the inhale and "Hold all with compassion" on the exhale.