Shared Agreements for Gatherings

Try It On:
- Be willing to “try on” new ideas, or ways of doing things that might not be what you prefer or are familiar with.

Practice Self-focus:
- Attend to and speak about your own experiences and responses. Refrain from speaking for a whole group or generally the experience of others.

Remember Your Right To Pass:
- You can say “I pass” if you don’t wish to speak.
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Listen Mindfully:
- Try to avoid planning what you’ll say as you listen to others.
- Be willing to be surprised, to learn something new.
- Listen with your whole self.

Move Up / Move Back:
- Enable full participation by all present. Take note of who is speaking and who is not.
- If you tend to speak often, consider “moving back” and vice versa.
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Refrain from Giving Advice:
● Creates essential safety for others to share vulnerabilities.

When Harm is Named, Distinguish Intent from Impact:
● Try to understand and acknowledge impact.
● Denying the impact of something said by focusing on intent can be more destructive than the initial interaction.

Credit: East Bay Meditation Center
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Refrain From Blaming or Shaming Self & Others
● Practice giving skillful feedback

Preserve Confidentiality
● Take home learnings but don’t identify anyone other than yourself, now or later.
● If you want to follow up with anyone regarding something they said in this session, ask first and respect their wishes.

Credit: East Bay Meditation Center