



Listening Guidelines for Soul Circle

1. Speak for yourself, expressing **your** thoughts and feelings, and drawing from **your** experience. Avoid hypotheticals and broad generalizations.
2. Relax and allow yourself to be vulnerable. There are no right answers. This is a place where you can safely share your doubts, fears and shortcomings as well as your joys, successes and insights.
3. Be an active listener, fully present in the moment, and listening with the ear of your heart. Don't plan what you want to say while someone else is talking.
4. Speak your truth while respecting others' truths. Use "I" statements. Do not contradict, challenge or attempt to correct other members of the group. In a word, no cross talk.
5. Be conscious of time, keeping your remarks brief enough to allow everyone a chance to share. Give those who haven't shared a chance to speak up before you share for a second time.
6. Make the circle a safe place by maintaining confidentiality. What's said in the room stays in the room.
7. Don't feel obliged to share at every meeting. Let the spirit move you. This is not a "share or die" event; sometimes we get what we need just by listening.
8. Trust and learn from silence. After someone has spoken, take time to reflect rather than immediately filling the space with words.
9. Be open minded. Don't judge. Ask yourself: "I wonder why this person feels this way" rather than rushing to judgment. Consider what your reaction teaches you about yourself rather than dismissing ideas or beliefs that don't align with your own.