

# **GUIDELINES FOR** **COMMUNITY BUILDING**

- 1) Wear nametags**
- 2) Be on time for each session**
- 3) Say your name before you speak**
- 4) Speak personally and specifically, using “I” statements**
- 5) Be inclusive—avoid exclusivity**
- 6) Express displeasure in the group, not outside the circle**
- 7) Commit to “hang in there”**
- 8) Speak when moved to speak; don’t speak when not moved to speak**
- 9) Be responsible for your success**
- 10) Participate verbally or non-verbally**

**11) Be emotionally present with the group**

**12) Respect confidentiality**

## **CAN TELL YOU ABOUT THE PROCESS**

- **Facilitators are guides only**
- **There are usually four stages**
- **Silence will be used now and then**
- **It is an adventure into the unknown**
- **It involves discovering what it means to be **MOVED** to speak**
- **You are encouraged to experiment, discover, learn**

## **CANNOT TELL YOU ABOUT THE PROCESS**

- **How to do it**
- **About the unknown**
- **What this community may be**
- **The mystery about how it works**