

## Small Group Meeting Ground Rules

Group sharing helps people connect in meaningful ways around common life stories. It provides attention, support, and opportunities for compassion and empathy.

- 1- Listen from the heart \*
- 2- Speak from the heart \*
- 3- Be spontaneous and authentic \*
- 4- Be lean of expression \*
- 5- Commit to confidentially, “What is said here, stays here.”
- 6- Only one person speaks at a time
- 7- Give no judgments or no advice unless the storyteller asks for them.
- 8- Every member has the option to pass when it is his or her turn to share.

After reviewing and discussing the rules, get commitment by a raise of hands.

\* From Illuman – The Four Intentions; at: <https://illumian.org/way-of-council/>