

# Heart Agreements

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*Materials: flip chart paper, markers*

In order for all of us to feel safe, loved and respected during our time together, we need to make some Group Agreements. These agreements are sacred and are a way to trust and get to know each other on a deeper spiritual level.

Each person is given an opportunity to state what should be included in the group agreements. Once everyone has agreed to the agreements created by the group, invite each member to sign the agreement. It is then posted in the group area, so that everyone is reminded of the agreements they created as a group.

Suggestions for agreements:

- Things shared will be kept confidential unless what is shared is about someone getting hurt, including the person disclosing
- Everyone has the right to pass
- Respectful listening and appropriate language will be used
- Be present and participate
- Respect everyone and everything
- Honor the time

When everyone has had a chance to contribute, ask if anyone has something they want to add.