

Guidelines for Community Building

- **Be on time for each session**
- **Say your name before you speak**
- **Speak personally and specifically, using "I" statements**
- **Commit to "hang in there"**
- **Be inclusive, avoid exclusivity**
- **Express displeasure in the group, not outside the circle**
- **Be responsible for your success**
- **Participate verbally or nonverbally**
Be emotionally present with the group
- **Respect confidentiality**
- **Take a risk!**
- **Speak when moved to speak; don't speak when not moved to speak**
Keep it short
No questions, no advice