



## HEART AGREEMENT BASICS

Every class group is encouraged to develop their own heart agreements to co-create a safe, loving, respectful and fruitful group experience.

- Feelings:** We respect each other's feelings.
- Okay to Pass:** No one is required to share.
- Okay to Disagree:** We accept that others may not hold the same view.
- Participation:** I speak for myself only, using "I" statements and I listen to others attentively.
- Balance:** We seek a balance in our sharing times.
- Acceptance:** We accept each other unconditionally. We are not here to "fix" each other.
- Confidentiality:** Each group is encouraged to establish their level of confidentiality.
- E.g. I agree to not share other's stories without their permission.