

Story Circle Guidelines

LISTEN DEEPLY: listening is as important as speaking. Each person receives full attention while telling her or his story. Listen for the essence of what is being shared, however the storyteller wants to tell it.

OPEN-MINDEDNESS: respect all points of view. Your truth may be different from, even the opposite of, another person's perspective. Don't debate with, correct or embellish someone else's story.

ACCEPTANCE: suspend judgement as best you can. Doing so will enable you to hear new things from others or see old ideas in a new way. It also helps everyone feel safer if they think they're not being judged.

SINCERITY: speak from your heart and personal experience. We want to hear what's important to you, not just your opinions or data. Bring your whole self to this circle—personal and professional. Trust that your contribution is respected.

CURIOSITY: If someone expresses a point of view that seems different from yours, think about what questions you might ask to gain clarity or understanding.

SILENCE. Silence is a rare gift in our busy world. It may take time for a storyteller to begin their story. It's OK to spend some time together without speaking.