

# “Waging a Living”

## Ground Rules



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### Sharing is voluntary

You have the right to pass with dignity.

### Let go of shame and blame

We all have baggage. Let's acknowledge it and move on.

### Speak for yourself

Use “I” statements, not “you” statements.

### Share verbal space

Give others a chance to speak.

### Keep it in the group

Confidentiality is critical to creating a safe space.

### Agree to disagree

Consensus is not the goal.

### Try it on

Be open to new perspectives and ways of understanding.

### Replace “but” with “and”

All beliefs are valid. There isn't one “right” way of thinking.

### Listen toward understanding

Understanding is more important than preparing a comeback.

### Go slow and be for real

Take time to consider. Speak from the heart and belly.

