



## Jot Thought

### Examples of Community Agreements

COMMUNITY AGREEMENT	SHARED MEANING
Mutual respect	Respecting the values, ideas, and beliefs of others; not imposing our own onto others
Active listening	Fully concentrating on what is being said rather than just passively "hearing" the message of the speaker, in order to fully understand the message, comprehend the information, and respond thoughtfully
Right to pass	The right to not participate in the sharing and instead sit quietly listening to the interactions
Trust intent/name impact	Assuming the "good will" of others and identifying the personal emotional charge on oneself based upon others' actions
Stay engaged (emotionally, physically, and cognitively)	Participating by exhibiting curiosity about the topics, posing questions, and seeking feedback
Take care of yourself (emotionally, physically, and cognitively)	Monitoring what you need and managing your stress from the actions of others

Tap into your inner experience: what other agreements might be added?

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