

### Sharing Circle Agreements

**Group agreements are essential to holding trauma-informed space. These agreements set a collective intention for how we all engage within the space.**

1. We believe that we are all recovering from something.
2. We acknowledge that participating in this space is a radical act of self-care that focuses on nurturing our bodies, minds, and spirits.
3. *We strive to co-create a welcoming and supportive environment built on mutual respect for all participants, volunteers, and facilitators.*
4. We celebrate diversity by embracing all individual recovery pathways and patchworks of recovery, all races, sexual orientations, and all those differences of life situations, backgrounds, and abilities. All women and non-binary individuals who identify with women's communities - who are in or seeking recovery - are welcome in this space.
5. We agree to reach out to a higher level of care such as a [crisis support line](#), therapeutic provider, or [SHE RECOVERS Trusted Resource](#) if we are experiencing crisis or distress. Trusted Resources can be found under the Resources tab @ sherecovers.org
6. We align ourselves with the SHE RECOVERS [Intentions & Guiding Principles](#)
7. We agree to respect each other's privacy by not discussing other participants' presence or stories outside of the Circle.
8. We intend to be mindful of our language by avoiding sharing explicit details on topics that may be triggering.

9. We practice using inclusive greetings whenever possible and are committed to smashing the stigma often associated with mental health through our mindful choice of words.
10. We intend to remain present, deeply listen, and hold space while others share. We don't speak over each other or offer unsolicited feedback and/or criticism.
11. We are invited to tend to our energy and practice personal agency by sharing and listening to only that which we are comfortable with. We aren't required to share.
12. We agree to share from a place of personal experience and acknowledge our strengths whenever possible.
13. We agree to honor individual needs and comfort zones and are supported to momentarily leave the space or engage in non-disruptive movement if ever we feel a sense of discomfort.
14. We agree to check in with a Sharing Circle participant or facilitator outside of the Circle if we depart early.
15. We recognize that when participating in community our impact may not always match our intentions. We agree to practice communication recovery by adopting a spirit of "rupture and repair" and "ouch and oops" when navigating hurts, disagreements, or conflicts.
16. We strive to suspend judgment towards ourselves and others and choose to be curious with ourselves if and when judgment may arise.