

AGREEMENTS / GUIDELINES / ETIQUETTES FOR THE CIRCLE MEETINGS

Accountability

I agree to show up on time, clean, and sober. I will disclose use of any substance that might impair my ability to be present including, but not limited to, the use of prescription medications if they have that effect.

Confidentiality

I agree to hold all personal information regarding other men including their names, words, and actions as confidential and honour all requests for confidentiality.

Safety

I agree that if I believe my mental or emotional safety is being compromised, I will take responsibility for myself by speaking up and making a request for "safety." I will honour any man's request for safety by stopping and assessing what is needed to resolve the issue at hand. Likewise, I will not use a call of safety as a way to hijack the meeting.

Projections

Author Karen R. Koenig defines 'Projection' as "unconsciously taking unwanted emotions or traits you don't like about yourself and attribute them to someone else". Projections could be positive (Golden Projection) or negative (Shadows) i.e. 'dark side' of one's personality.

I agree to maintain awareness of my projections by owning my judgments of others and if I am triggered (or upset) then I agree to not express this 'Charge' via written electronic communications, i.e. email-lists or social media. I understand that addressing a triggered response requires real-time communication and clear agreement from all parties involved. My options for addressing this, should this come up, include processing the triggered feelings myself, processing it with the support and presence of another man outside of circle, or bringing the charge into the circle and asking for support.

Feedback/Advice

I agree that when I want feedback, I will ask for it and be specific in the type of feedback I am looking for. When I don't want feedback, I will specify that. I will avoid offering advice to others and allow them to seek truth within (just as I am attempting to do).

My Truth

I agree to use "I-Statements" by speaking in the first person (I, me) to discuss "my truth" openly and freely in a manner which respectfully honours the intention of the discussion.

Responsibility to Report

Some circle members are obligated to report cases of abuse and/or inappropriate sexual conduct to the responsible authorities.

Hand Raising

If you agree with a statement, to show solidarity, then you may raise your hand while another man is sharing.

Pass

I agree that any man can pass on answering a question or taking part in a round. Anyone can use the words, "I pass" and I will honour this request.