

Gratefulness Gatherings Participant Agreement

**To be read and signed by each participant at their first gathering.*

The following guidelines are a starting point for effective group discussion.

- Respect others' rights to hold opinions and beliefs that differ from your own. When you disagree, please challenge or criticize the idea, not the person.
- Practice reflective listening: Listen carefully to what others are saying even when you disagree with what is being said. Comments that you make (asking for clarification, sharing critiques, expanding on a point, etc.) should reflect that you have paid attention to the speaker's comments.
- Use "I" statements.
- Be courteous. Don't interrupt or engage in private conversations while others are speaking. Use attentive, courteous body language.
- Showing up is participating. Attendees should not feel pressured to contribute in any particular way. Both sharing and silence are welcome.
- Share responsibility for including all voices in the discussion. If you have much to say, please be mindful of creating space for others.
- Recognize that we are all still learning. Be willing to change your perspective, and hold space for others to do the same.
- Exercise nonjudgmental compassion toward yourself and others. Honor and respect your experience as your own; honor and respect others' experiences as their own. Be open to vulnerability and avoid criticizing the way you or others are able to show up.

- All conversations are confidential. We ask that participants be mindful of the fact that participants may be sharing private, intimate experiences that would not be appropriate to share outside the group without permission. Hosts may discuss themes and anecdotes from gatherings with A Network for Grateful Living's Gratefulness Gathering Coordinator to improve the overall experience, but no direct names will be used without express permission.

To preserve the integrity of the group, the following actions are expressly disallowed at Gratefulness Gatherings:

- Language or actions that discriminate and express prejudice against others based on race, age, gender, sexual orientation, religion, ethnicity, disability, or socioeconomic status.
- Language or actions that malign, vilify, defame, abuse, harass, or threaten others.
- Advocating violence against or harassment of groups or particular individuals.
- Aggressive, repeated attempts to convert someone's religious beliefs.

I agree to follow the Community Engagement Guidelines outlined above.

I understand that Gratefulness Gatherings are not a source of professional therapy.

I pledge that I am in alignment with A Network for Grateful Living's Mission, Vision, and Values.

Name: _____ Date: _____

"Alone we can do so little. Together we can do so much." Helen Keller.