

RULES FOR DISCUSSION

Firsts Before Seconds.

Any person who hasn't spoken on a topic gets the chance to say something *first*, before anyone else speaks for a second time.

Share the Floor.

No one person should dominate the discussion. All comments should be brief and to the point. Excessive rambling is prohibited!

Everyone Has a Story to Tell.

Just because a person has great diction or lots of education doesn't mean that he or she is wiser than any one else in the room. No one should be afraid to speak up. And everyone should listen to what others have to say.

What's Said in the Room Stays in the Room.

But that said, don't disclose information to the group that you wouldn't want to hear again. Tell your *own* stories. Don't talk about other people.

Anger Isn't Helpful.

No one should insult or intentionally embarrass anyone else. However, people should be able to say what they need to say without others getting *unduly* upset. Sometimes, we have to get things out in order to deal with them.

None of Us Knows It All.

This is meant to be a sharing and learning experience. Even the facilitator doesn't have all the answers. You don't have to agree with what others say, but at least listen. Take away from these sessions what helps you in your life. Leave the rest behind.