

Proposed Community Guidelines

www.breathingwithme.com

B. F. F. C.

B is for **Bearing witness**. We are invited to bear witness for ourselves and each other, exactly as we are.

F is for **Freedom!** I have received many kind words from others, and one of my favourites is this one, "Nobody has done the Mabel gig - so freedom". You can choose if you would like to join a circle, at what point to join, at what point to leave, to share or not share and how much to share, eyes open or closed, etc. etc.

F is for **Fierce tender self-compassion**. Our tender raw hearts need to be protected when they feel too much. Hold its resistance with trust and tender care. Come back when your heart yearns again, and you are always welcome.

C is for **Confidentiality**. As we come to this space to share ourselves, we are each other's custody. We respect everyone's privacy. What is shared in the circle stays in the circle, except when we obtain explicit consent. I may share the prompts that we used during the writing circle or a dominant theme of a session during my regular updates.

