





# CIRCLE PROCESS

## OVERVIEW

The Circle Process is an opportunity to speak openly and honestly about your thoughts and experiences. It is also a unique opportunity to listen deeply to the truth of other group members. The Circle Process comes from a number of Native American traditions and has been used by many groups for generations to facilitate meaningful interaction.

|   |   |
|---|---|
|  <h3>1. SPEAK FROM THE HEART</h3> <ul style="list-style-type: none"><li>• Speak when you have the talking piece.</li><li>• Speak not only with your head &amp; your ideas, but with your feelings as well.</li><li>• When you speak truthfully you are speaking from the heart.</li></ul>  |  <h3>2. LISTEN FROM THE HEART</h3> <ul style="list-style-type: none"><li>• Listen deeply when another person has the talking piece.</li><li>• Listen without judgment and with an open mind, even if you disagree with what the person is saying.</li><li>• Listen not just with your mind, but with your heart as well</li></ul>            |
|  <h3>3. BE SPONTANEOUS</h3> <ul style="list-style-type: none"><li>• Try to wait before the talking piece comes to us before we decide what we want to say.</li><li>• If you are thinking about what you are going to say, then you are not listening completely to the person who is speaking.</li><li>• When you don't pre-plan you will often be surprised what comes to you when it is your turn.</li></ul> |  <h3>4. GO TO ESSENCE</h3> <ul style="list-style-type: none"><li>• Something that is "lean" doesn't have anything extra on it.</li><li>• When you speak, keep in mind that many others would like a chance to speak, and that there is limited time.</li><li>• Use only those words necessary to get your point or story across.</li></ul> |