

## Storytelling Agreements

At StoryCenter, we ask everyone participating in one of our storytelling activities to agree to the following:

### **Be authentic and welcome that from others.**

Share what's important to you. Speak from your own life experience, and support and encourage others in the group to do so.

### **Show respect and suspend judgment.**

Listen and participate while setting judgment aside. Treat people in the group with respect and show appreciations, to open up the possibility of cultivating empathy.

### **Find common ground while acknowledging difference.**

Divides of race, gender, class, age, gender identity, religion, and more, are real, and each person in the group brings their own distinct lived experience. Be self-aware of power dynamics within and across these divides *and* look for common ground.

### **Stay open to reflection and learning.**

Storytelling is as much about listening as it is about talking. Enjoy sharing your own story with the group, and stay humble with an attitude of exploration, when it comes hearing the stories of others.

### **Don't feel hampered by fears of what to say.**

People sometimes hesitate from participating in group activities for fear of using the "wrong" words. We want everyone to feel comfortable, whether or not they have the "perfect" way of expressing their thoughts.

### **Protect privacy.**

While many stories shared in our storytelling activities make it into public circulation, others do not. Refrain from sharing *outside* the group what is shared *within* the group,

### **Take care of yourself.**

Personal storytelling can surface emotions that people are sometimes not experienced in handling. If you feel triggered by the discussion in your group, quietly step out until you are ready to rejoin the process.

### **"One mic."**

When multiple voices are overlapping, it can be difficult to follow what's being said. Be sure to allow one person in the group to speak at a time.

**Note:** We reserve the right to challenge inappropriate comments and behavior, within our storytelling activities. We request that you step out, if you cannot respect the above agreements.