

People are encouraged not to hold back showing emotions during their turn.

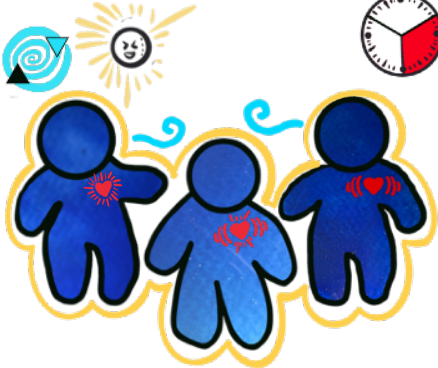
5



With the group's warm attention, everyone has an equal turn whether or not they choose to speak.

At the end of each turn, the facilitator helps a person reconnect to the group and the present moment, as needed.

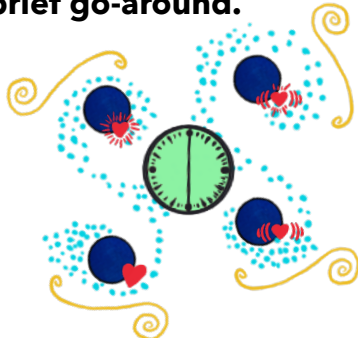
6



Asking the person to answer a silly or playful question can work well.

Once everyone, including the facilitator, has had an equal turn, the circle closes with a brief go-around.

7



Each person may briefly share one thing they appreciated about the space and one highlight from the time together.

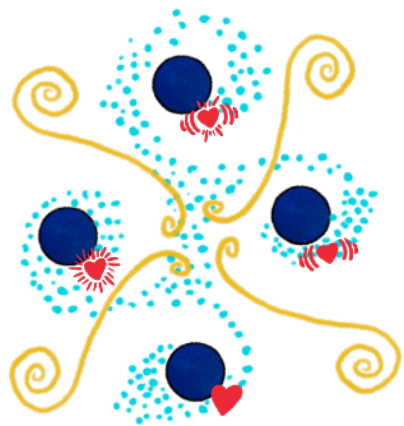
Listening circles leave most people feeling more caring, connected, and ready to act powerfully.

8



It helps us all to hear about similar and different life experiences. We open ourselves to see that we are not alone and may have communities of support.

# Listening Circles



A Basic Guide To Setting Up Peer Support as a Group

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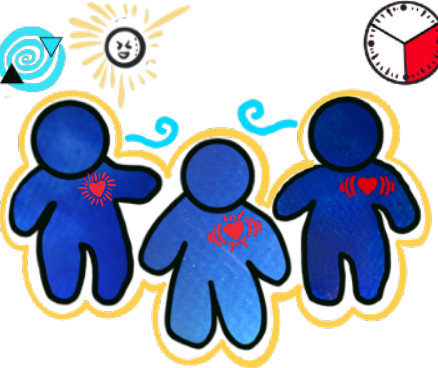
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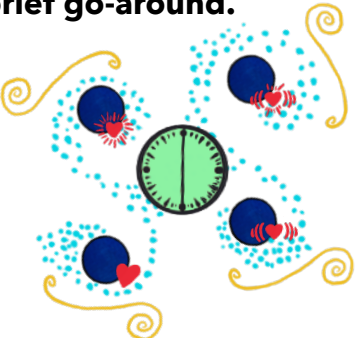
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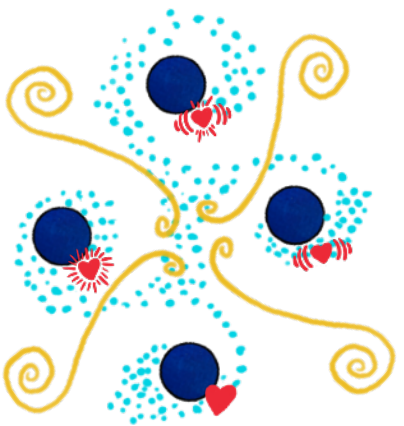
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# Listening Circles



A Basic Guide To Setting Up Peer Support as a Group

**Listening circles are spaces for individuals who agree to offer and receive intentional care and peer support.**

1



A listening circle may have three or more people, with or without a specific topic.

**Decide on one facilitator who is able to lead and think about how to make the process work well for everyone.**

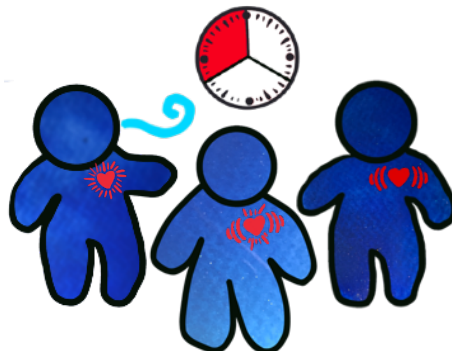
2



- ★ Agree on the total time of the listening circle.
- ★ Decide on who will use a timer and announce the start and end of each turn.

**A circle opens with introductions where each person shares something going well or positive in their life.**

3

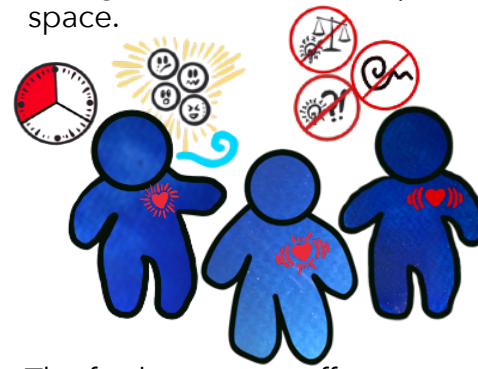


**The facilitator may model by offering a recent, brief, new and good one.**

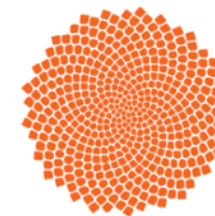
**Use the guidelines of a listening exchange**

4

(see zine) on how to create a respectful, non-judgmental, caring, confidential, and open space.



The facilitator may offer a prompt question in case there is a theme for the specific listening circle.



## Sustaining All Life

offers peer support, tools and practices to strengthen organizations and movements. We work to end destructive policies, oppressions and the climate emergency.

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 [@SustainAllLife](https://@SustainAllLife)

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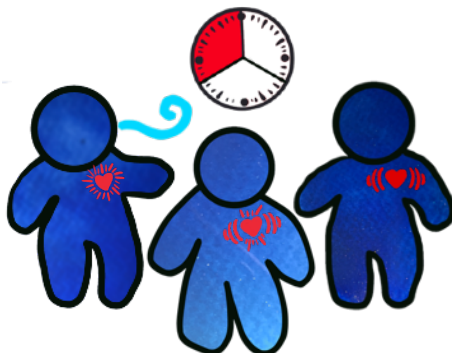
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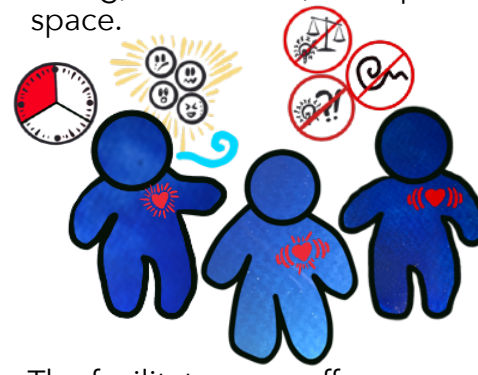


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