

# Typical Guidelines for a Small Group Listening Circle\*

One Person Speaks at a time

Listeners give Complete Attention

All embrace an attitude of Curiosity, and Respectful  
Non-judgement

No Advice giving

No Put-Downs of self or others

Each Speaks from their own experience

Confidentiality: Personal Information shared may  
only be brought up again by the speaker, when and  
if they choose

Consistent Attendance

\* Borrowed with Gratitude from Authentic Women's Circles in the Co-Counseling Community  
tradition