

MENS WORK

COMMUNITY AGREEMENT

The shorter version:

- Request consent before giving feedback.
- Ask authentic questions.
- Offer reflection from experience within your feeling self.
- Avoid assuming that what you know/think is in any way more valid than what anyone else knows/thinks (notice when you do assume this & be accountable).

The longer version:

Consent. Consent. Consent.

Always ask for permission to provide feedback. Remember that permission can be revoked at any point, slow down, check in & consider your impact.

Listen & lead with your heart.

As you listen to others notice when your listening has moved into analysis & judgement, invite yourself back into noticing the embodied feelings that accompany these mental processes.

Our thinking minds are powerful & welcome in this space. That said, by participating in Men's Work we are invited into a way of practicing connecting to & sharing what is felt prior to what is thought. When sharing (especially feedback) acknowledge what is felt at that moment, from there proceed to share what is alive with you.

Acknowledge, celebrate & get curious with difference.

All of our stories are unique & sacred.

As we share & receive we are invited to notice difference, to notice tension, to notice defense (mental, physical, emotional) & to practice celebrating what comes up as a result of what has been shared.

If we feel tension during a share: we might reflect that we felt tension.

If we notice ourselves get defensive or feel a need to protect something: we might reflect that we felt defensive or the need to protect.

If we notice ourselves begin to logic / rationalize: we might reflect that our mind is taking over our process through logic & rationalization. Etc.

As a practice this way of connecting to difference is intended to open the community to more honest forms of discourse that move us deeper into truths than the mental constructs of superior-inferior ways/ ideals/ perspectives that we have all been impacted by & internalized in some way.

As we sit with difference we are constantly invited back into the felt sense of the heart & the portal toward compassionate curiosity that resides there.