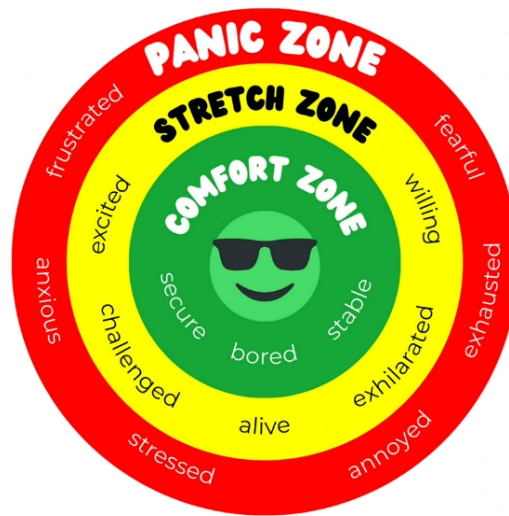


Our Discomfort Agreement



(Kikori, 2025)

I am not fragile.

It's OK not to be OK.

No judgement

Not comparing

Offering reassurance

Equality - no one is better than anyone else.

Be respectful of each other, especially when challenging each other.

We give each other the right to make mistakes and grace when they do.

Feel your emotions, and view that as a strength.

No is a complete sentence.

This is a safe place.

Vulnerabilities are not weaknesses. They can become your biggest strengths.

Reframe tasks or responsibilities from "I have to" to "I get to."

You can always get back up.

Our traumas and life experiences influence our worldview.

Be aware of and acknowledge our limitations.

Be aware of your frame of mind and how that affects what you get and do.

See the humanity in everyone.

Always look on the bright side of life.