

RELATIONSHIP CIRCLES & COMMUNITY





You're Invited to Relationship Circles & Community



*A gentle space to learn, grow, and communicate
with more ease and understanding.*

Dear friend,
I'm inviting you to something simple — but quietly powerful.

Relationship Circles & Community is a small, friendly group where we practice the communication skills that help people feel safe, respected, and truly heard.

It's a place for kindness, clarity, and honest conversation... without blame, pressure, or judgment.

Together, we explore the **7 Core Skills** (Relaxing, Safety, Validation, Meaning-Making, Problem-Solving Together, Healthy Boundaries, and Skill-Building) as shown on the teaching page of this PDF.



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We learn one skill at a time — gently — and apply them to real life.

There's no performance here. No hierarchy.

Just people sitting together, supporting one another, and discovering how good communication can transform relationships, families, and communities.

If you're someone who values empathy, respect, and growing in your ability to understand others — and yourself — I'd be glad to have you join us.

How to Join

We begin small and grow only through personal trust.

You can start a Circle, join one, or simply attend a 7-Step Learning Session to see if it feels right.

If you're curious, reach out anytime.

I'd love to connect, share, and explore this with you.

Warmly,

Sandy Hinden



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The 7 Steps of Respectful Meaningful Communication

1. RELAX 🧘 Calm • Centering • Breath You can't solve problems from fear, tension, or reactivity. Pause. Breathe. Slow down. A calm nervous system sets the emotional tone for the entire conversation.	2. SAFETY 🧡 Emotional safety • Protection without defensiveness Harsh words trigger defensiveness and shut the door. Ask yourself: “Will these words open or close the door between us?” Your goal is a safe space where both people can speak openly. Respectful, kind words create emotional safety and open the door.
3. VALIDATE SELF-ESTEEM 💚 “I see you” • Respect • Affirmation Listen not to judge and not to defend. Listen to understand. Acknowledge the other person's experience so they feel respected and valued. Validation doesn't mean agreement; it means <i>you matter enough for me to hear you fully</i> .	4. MAKE MEANING 🌱 Understanding deeper needs and feelings Go deeper. Try to understand the feelings, values, needs, struggles, and hopes beneath the words. Ask gentle questions: • “What's most important to you here?” • “What need of yours feels vulnerable right now?” • “What would help you feel supported?” This creates clarity, empathy, and connection.
5. PROBLEM-SOLVE TOGETHER 🤝 Collaboration • Same-side thinking Shift from me vs. you → us vs. the problem . Sit on the same side of the table (literally or metaphorically) and look <i>together</i> at the issue. Collaborate to find solutions that honor both people's needs. Problem solve together.	6. CREATE HEALTHY BOUNDARIES 🚧 Limits • Respectful No • Safe structure Speak your truth without blame, respectfully. Be clear about what is and is not acceptable to you. If necessary, say: • “No.” • “I'm not comfortable with that.” • “I need a break from this conversation.” Consistent boundaries build trust, safety, and mutual respect.

7. BUILD SKILLS 📖 **Learning • Growth • New tools**

Most people were never taught healthy communication. Model the skills. Teach gently.

Help others express their feelings and needs clearly and respectfully.

Healthy communication is a learnable, improvable skill — not a personality trait

Relationship Circles & Community



1. Purpose

To help people develop the relational skills needed for a healthy life, healthy families, and a healthy civilization.

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2. What Happens in a Relationship Circle

- Kind, respectful conversation
- Learning one relational skill at a time
- Practicing the 7 steps together
- Building emotional safety
- Honesty without blame
- Support without judgment

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3. The 7 Core Skills

1. Relax 😊
2. Safety 🤝
3. Validate Self-Esteem ❤️
4. Make Meaning 🧩
5. Problem-Solve Together 🤝
6. Healthy Boundaries 🚧
7. Build Skills 📚

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4. How People Join

We start small.

Our group grows through invitations.

We grow only through personal trust..



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5. Why This Matters

Relationships build families.

Families build communities.

Communities build civilization.

Healing relationships = healing the world.



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6. Join

Contact us to start
Your Relationship Circle.

Attend a 7-Step Learning Session.



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7. Contact

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1-516-815-4967

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