



Stories of Our Lives Group Agreements

These are based on the values and feedback the group has shared:

- Creativity for its own sake: to express, connect, and experiment.
- Personal choice: finding your own purpose or outcome each time. No one is obliged to write or share anything they're not comfortable with.
- Valuing contributions: respecting everyone's voice as meaningful.
- Boundaries: honouring our own and each other's.
- Respecting time and energy: noticing capacity, and being mindful of how much we take or give.
- Openness: staying curious, willing to learn, and open to experience.
- Lightness: weaving play and laughter into our sessions.
- Consent: only recording voices or taking photos when everyone involved has given clear agreement.
- Listening: giving people space to explain themselves during sessions.
- Kindness: being gentle with ourselves and one another, offering support or space as needed.
- Asking for what you need: and accepting that not every need may be met in every session.
- Choice to attend: only coming if it feels beneficial and possible for you.
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Let us hold these agreements lightly, with the spirit of care and creativity. They are here to guide us, not to restrict us. We can change them as we see fit.