



## **CENTER FOR THE HEALING OF RACISM**

### **GUIDELINES FOR SHARING**

**We have come together to try to learn about the disease of racism and promote a healing process.**

**Sharing is voluntary.**

**We want to create a safe, loving and respectful atmosphere.**

**Sharing is about one's own feelings, experiences, perceptions, etc.**

**We are not always going to agree or see everything the same way and that's O.K.**

**Each person has a right to and responsibility for his or her own feelings, thoughts, and beliefs.**

**It is important to avoid criticism or judgement about another person's sharing, point of view, and/or feelings.**

**Avoid getting tied up in debate and argument. It rarely changes anything or anyone and tends to ultimately inhibit the sharing.**

**We can only change ourselves. Our change and growth may, however, inspire someone else.**

**Refrain from singling out any individual as "representing" his or her group or issue.**

**It is important to give full attention to whoever is talking.**

**Feelings are important.**

**We will surely make mistakes in our efforts, but mistakes are occasions for learning and forgiving.**

**We may laugh and cry together, share pain, joy, fear, or anger.**

**Hopefully we will leave these meetings with a deeper understanding and a renewed hope for the future of humanity.**