



Sharing Circle Script

Last updated: Sep 2023. Reviewed May 2025 - Lou73

All notes in **red** are pointers for the host. Do not copy and paste the notes in **red**. Links are in **blue**.

Accessible Script

Important Reminders for Hosts:

- (1) Please visit the [adult sign-up sheet](#) or [teen sign-up sheet](#) to see if there is an assigned host before offering to host.
- (2) If you need moderator assistance, check the [Community Moderator Schedule](#) or fill out the form to [request a moderator](#).
- (3) Questions? Check out the [Sharing Circle Hosting Guide](#)
- (4) Questions or concerns about Sharing Circles? Please contact [@Lou73](#) (Adults) or [@Suryansh](#) (Teens)

Host training to be completed before hosting your first session: [Training here](#)

Important: 7 Cups is not a crisis resource and we cannot offer support to members in crisis. If a member expresses suicidal thoughts during the Sharing Circle, please remind them of this. You can use this message as a starting point:

(insert username), it sounds like you're going through a difficult time right now and may be in need of help that we are not able to provide. As we are concerned for your safety and you expressed that you're feeling suicidal, we would have to ask you to reach out to our crisis resources here: 7cups.com/crisis. We want to ensure that you get the best possible support since we are not trained to handle crisis situations.

Message to greet anyone entering the Sharing Circle, at any time throughout the session:

Welcome everyone entering! We are in the middle of a sharing circle. Please read our guidelines here: <https://i.imgur.com/CyWskf5.png>

Message to answer the question: "What is a Sharing Circle?"

Sharing Circle is an hourly session where members can join a queue to get 5-7 minutes to share anything that's on their mind. While that member is sharing, the rest of the room can send short supportive comments, but not ask questions or interrupt. If you want to know more, you can check out this post here: <https://tinyurl.com/Sharing-Circles>



Sharing Circle introduction:

Welcome everyone to our Sharing Circle! Our meeting lasts for an hour. These circles are an opportunity for us to share and support one another. Thank you for joining us today and know that you are not alone!

Sharing Circle is a supportive turn-based activity where members may take 7 minutes to share and get support. Please keep in mind that those supporting you cannot give advice. Sharing Circles create a supportive atmosphere for all where we are accepted and not judged. These sessions run every hour on the hour, 7 days a week. If you have any questions, please PM the Comm Mod on duty.

(Optional) Please imagine taking the hand of any person present or taking a deep breath. At the end, if comfortable, please say "let it be". Alternatively you may say another mantra that has significance for you, or simply say "let it be" as a mantra in its own right.

Love, give me the grace to accept with serenity the things that cannot be changed; courage to change the things which should be changed; and the Wisdom to distinguish one from the other.
Let it be.

Next, share the guidelines:

These guidelines ensure that everyone gets the time to share uninterrupted and that we are all a supportive presence in our circle. A few are here:

- (1) Please do not ask questions or give advice to the sharer, and keep supportive phrases short.
- (2) Only members can share.
- (3) Please do not interrupt other shares to share your own story or make other personal commentary.
- (4) Please break your share into short sentences.
- (5) Please limit your share to under 7 minutes.
- (6) Type 'Over' or 'Done' as a separate message to show that you are done sharing.
- (7) If the share is triggering, please send, "Trigger Warning" and the topic before starting the share.

View our full guidelines here
<https://docs.google.com/document/d/1leb3oJraqxvYh-KpPw6J7vr8C83nqjoaSKXEQ1Q120A/>

If this is your first time participating in our sharing circle then please introduce yourself so we can welcome you <3

Now the queue opens:

The queue is now open. Please type “*” to enter the sharing queue if you are a member. The sharing is on a first-come, first-serve basis. Listeners may stay and support but must switch to a member account to share.

Note: If there is no one wanting to join the queue at any point during the session, please go to the bottom of the script to find icebreaker questions that can be used to keep the room engaged and active until someone decides to enter the queue.

Make a note of each person who enters the queue. State the queue before the first share and between each share.

Thank you everyone for entering the queue, our queue is: *First: Username1, Second: Username2, Third: username3*

Before you pass the floor to the next sharer, please share the guidelines again so anyone new in the room will know how to participate:

Hello everyone coming in! Here is a reminder of a few of our guidelines. Our full guidelines can be found here: <https://tinyurl.com/SharingCircleGuidelines>.

- (1) Please do not ask questions or give advice to the sharer and keep supportive phrases short.
- (2) Only members can share.
- (3) Please do not interrupt other shares to share your own story.
- (4) Please break your share into short sentences.
- (5) Please limit your share to under 7 minutes.
- (6) Type ‘Over’ or ‘Done’ as a separate message to show that you are done sharing.
- (7) If the share is triggering, please send, “Trigger Warning” and the topic before starting the share.

Now the sharer can start.

The queue is now closed until after the next share. Hi ____, the floor is yours for 7 minutes! Please let us know if you would like encouraging words or for your share to be uninterrupted. Please begin with a trigger warning if your share is on a potentially triggering subject.

At the end of a person’s share, thank them for sharing. Please remember to leave enough time between shares for validation and encouraging words. **Do not** go right into the next share without a few words of support.

Thank you ____ for your share!



Now the queue opens again and the process repeats until the queue is full for the hour, at which point you close it and continue with shares. The queue should be opened between each share until it is full.

Sharing Circle conclusion:

(This paragraph can be replaced with a short, sincere message of your choice):

It has been a great sharing circle. I could sense the strength, hope, and experience behind these heartfelt shares. It is time to end our sharing circle. Please join me in reading the following to remind ourselves of our commitments.

Please imagine taking the hand of any person present or taking a deep breath. At the end, if comfortable, please say "let it be". Alternatively you may say another mantra that has significance for you, or simply say "let it be" as a mantra in its own right.

Love, give me the grace to accept with serenity the things that cannot be changed; courage to change the things which should be changed, and the Wisdom to distinguish one from the other.

Let it be.

Thank you everyone for participating in our Sharing Circle. Our meeting lasts for an hour. These circles are an opportunity for you to share your story, talk about your journey, and tell us what's on your mind.

If you would like to nominate a host to be a Host Hero or a supporter to be a Hero Supporter, you can send your nomination here:

<https://docs.google.com/forms/d/e/1FAIpQLSd9XkpdLoA5azGd28ydtzPx8jE9hFXWIUnRbswPx1Puwuli5A/viewform>

If you'd like to get involved with hosting Sharing Circles, you can apply here: <https://tinyurl.com/yyzf464w> or PM @Lou73 for more details.

If you'd like to get involved in leadership details of all roles are here: tinyurl.com/SharingCircleRoles

Keep coming back!

For Hosts: Please fill the host log form at the end of the session so we can reward you with cheers as a thank you! Please only fill out this form when you host or co-host a full hour's session so we award cheers fairly. Here is the link: <https://tinyurl.com/y4e8tj24>

If there is no host for the next session. Please set up a member-powered session before you leave. Set a banner 'Member-Powered Sharing Circle'. Share a reminder of the guidelines.

If you drop into the Sharing Circle in the middle of a session, you can drop this link to encourage people to take the member-powered session refresher:

<https://docs.google.com/forms/d/e/1FAIpQLSf4DjNuxMV1BmhO7767XVHmoFxnvnYhn0DpEP-s89nxy0K-pQ/viewform>

Member-powered Sharing Circle

Hi everyone and welcome to a member-powered Sharing Circle. We will work together to give every member the opportunity to share for up to 7 mins each. When someone is sharing, we can all offer support and encouragement and make everyone feel welcome.

Here is a reminder of our guidelines:

- (1) Please do not ask questions or give advice to the sharer and keep supportive phrases short.
- (2) Only members can share.
- (3) Please do not interrupt other shares to share your own story.
- (4) Please break your share into short sentences.
- (5) Please limit your share to under 7 minutes.
- (6) Type 'Over' or 'Done' as a separate message to show that you are done sharing.
- (7) If the share is triggering, please send, "Trigger Warning" and the topic before starting the share.

Icebreaker Questions:

1. Are you an early bird or night owl?
2. What is your favorite scent?
3. What is your most used emoji?
4. If you had to eat one meal everyday for the rest of your life, what would it be?
5. What is your favorite season and why?
6. What is one thing you really like about yourself?
7. Tell us something that nobody in the room knows about you.
8. Is there anything that you are passionate about?
9. What is your favorite word?

10. What is your favorite food to eat?
11. If you could only listen to one type of music for the rest of your life, what would it be?
12. If you could snap your fingers and know a new language in a second, which language would you choose?
13. Would you rather live in the city or the country?
14. If you could time-travel to any time (past or future), where would you go?
15. If you could choose an age to remain forever, what age would it be?
16. What is something that can always make you laugh or smile?
17. There are now 25 hours in your day! How do you spend that extra hour?
18. What quality do you most look for in a friend?