

Bremen House three month check in for new housemates

After a new housemate has lived at Bremen House for three months, a check-in is scheduled. The intention is to ensure that the housemate is a mutually good fit with Bremen House and have a set space to affirm the fit or gracefully part ways if necessary, avoiding simmering discomfort.

Prior to the meeting

- Meeting is set at previous house-meeting
- Reminder is sent to all housemates with a link to this document
- All are asked to reflect on the fit, using the questions below as a guide if desired.

Check in Meeting

- Opening meeting together with positive affirmations: Everyone goes around the room and shares something they appreciate about each person present.
- Start with statement of integrity to open the space
- Check: is there anything you want to say before we begin?
- Ask 3-month housemate to leave
- Roommate discussion (5 to 15 minutes)
 - Temp check - Group determination of the weight of the situation
- Person returns
 - Hear from them about their reflections
 - Have discussion
- Person asked to leave again
 - Open conversation
 - Come to a consensus about what the agreement should be about
 - Continuation of stay contingent on...
 - Negation of stay with these possibilities...

Individual reflection questions

This is an opportunity to tell your story both positive and negative aspects of living here, using questions as idea generation tools, also knowing these are points the community will be considering when having the three month check in discussion. Please lean on the questions as little or as much as you would like to suit your communication needs. You may be asked a question by a roommate explicitly for clarification.

What do you like about living at the Bremen House?

Do you feel at home here? Why or why not?
How are house meals working for you?
Pros/cons

Do the house social agreements (dinner, community activities, chores) work with your life rhythms?

Do community procedures (lease agreements, house manual, house meeting decision making) work for your methods of decision making and communication?

How is it for you to live with changing housemates, work-aways, couch surfers and visitors?

Have you been contributing to house labor? How much in comparison to other people (more, less, equal)? How does this make you feel?

Are there any roommate relationships that are impacting your mental/ physical/ spiritual health in the community?

To be pondered...

If you had the resources, would you change your housing situation? Why?

Community reflection questions

Goal: for everyone to agree on the best course moving forward with compassion and consideration, and to make sure everyone is heard.

How do they contribute to the Bremen House community?

Are they participating in social agreements? Are they going above and beyond?

Are they participating in house procedures in good faith? Are there any communication or personality barriers?

How does this person contribute to collective labor? Is this person sharing the distribution of labor that is equal to their impact?