

AR Agreements

1) Honor Self

- You are your main priority.
- If you have bodily or emotional needs that are keeping you from being fully involved in the Games, please take active care of those, or ask a facilitator for help.
- You can go to the bathroom at any time. You don't need to raise your hand.
- You can always opt out of a particular game, partnership, or the night as a whole.
- People can make requests, and you can say yes or no. If you say no, you do not need to understand or explain why.
- The more you take responsibility for yourself, the more freedom you and others have to play!

2) Confidentiality By Request

- In this container, we do not assume or assure full confidentiality. If you want something to be kept confidential, you have to ask for that.
- You can ask in the moment, later on through message or meeting (although you can't expect the person has kept your share confidential up until then), of your game partner or of the whole group.
- We don't create a fully confidential container because:
 - ◆ A) Authentic Relating is a lab for "real life", where you do have to ask for confidentiality and practice setting boundaries; and
 - ◆ B) We are a community outside of this event, we practice vulnerability with each other regularly, and it can be hard to remember what's said inside the container and what's said outside. It's easier to remember to keep "that story I told about my mom" confidential than "what I said that night".
- If you ask for confidentiality about anything you have said or expressed during Games Night, the group will not share about your experience outside of that container.
- Likewise, if anybody else asks for confidentiality, you agree not to share about their experience.

3) Stay Present

- Tune in as much as you can to what's going on in you and the space - your own sensations, emotions, and needs. Keep checking back in on these during this event.

- The more present you are to yourself, the more you will get out of this work, including becoming more aware of your own authentic truth! The more present you are to your partner, the more you will get out of the connection.
- Presence is a practice, not an expectation. Our minds wander all the time. The intention isn't to judge ourselves for that, it's to bring our attention back when we notice it has drifted away.
- A good way to share our connection to presence with a partner is to confess when it has slipped.
- This is also the Turn Off Your Cell Phone rule (or put it on airplane mode or silence, unless you need to be on call for kids or other needs).

4) Own Your Experience & Check Your Assumptions

- Speak from our most objective knowing. If someone seems to be feeling something, be it anger, sadness, fear or joy, try asking them how they feel instead of telling them what you think. *"You seem sad, is that true?"*
- Some people swear that they're actually feeling the other person's feelings...and you just might be...but try owning what's happening for you. *"When I saw your eyes look down, I felt sad. Are you feeling sad?"*
- Assumptions and judgments will arise. The point isn't to stop them from happening. The point is to try and notice when they're happening, so we don't project those on other people, but own them.

5) Don't give advice unless someone asks.

- Giving advice is often an extension of assumptions - that someone hasn't tried that already, that someone isn't coping with their problems, that someone is actually looking for advice.
- We're here to witness each other in our most authentic expression, without interfering. Giving advice often is an indirect expression that someone's experience should be different than it is, that they should be feeling or doing something differently. We'd like to avoid that here.
- If someone's sharing brought up a very similar experience that you had and would like to share it because you strongly feel it would inspire the other person, you can always ask: *"Are you open to hearing about a similar experience I had?"*