**ReCircle Topics**

ReCircle will leave you with tools for future work in circle and/or ways to deepen together after the guides have left. Additionally, we hope to address any specific questions your circle may have about your topic.

**Choosing a Topic for Your Circle:**

It may help for circle members to know their top choices before deciding on a topic collectively. Hopefully common themes of interest will emerge. This process alone may bring up some interesting discussions!

Here are some suggestions to help you choose:

* Mark which topics appeal to you personally.
* Where do you struggle in circle and in your work?
* What do you want to know more about?
* What stirs your curiosity?
* Mark topics you think your circle as a whole could benefit from.
* Avoid picking topics you think another individual could benefit from.

Mark top your choices:

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| --- | --- | --- | --- | --- |
| \_\_ Safety\_\_Life Themes\_\_ Subgroups\_\_ Body Awareness | \_\_ Communication & Listening\_\_ PIES\_\_ Triggering\_\_ Family Roles | \_\_Conflict\_\_ Anger\_\_ Clearings\_\_ Fear | \_\_ Shame\_\_ Accountability\_\_Drama Triangle\_\_ Shadow | \_\_ Transitions\_\_ Recommitment Ceremony\_\_ Joy & Celebration |

* **Safety, Safety, Safety** – Creating safety in circle is a fundamental building block that allows us to be vulnerable with each other. Being vulnerable with each other, in turn, deepens our safety. We’ll learn ways safety can look different for each of us, exploring various aspects of our experience in circle such as structure and rules, verbal and physical support, and accountability.
* **What are the 5 Life Theme**s? –Safety, Support, Value, Freedom and Worth are fundamental, life-long issues. “Do I belong?” “Can I give *and* receive?” “Does my voice count?” How do these themes show-up in your circle? Exploring them will give you a chance to get to know yourself and each other in new ways.
* **Acknowledging Subgroups** – Subgroups, which are created by our common interests and life experiences, can impact our circle in various ways. We'll explore and discuss the impact of these interconnections, both obvious and subtle, with the goal of revealing who members are to one another and allow the circle to continue to be transparent.
* **Body Awareness** – Listening to our bodies keeps us grounded in ourselves in the midst of powerful feelings. Becoming attuned to our body’s signals for fear, peace, anger, shame, and joy offers us perspective into our ourselves and, surprisingly, others. Even noticing our boredom or numbness can give us insight into the stories we tell ourselves. Body awareness attunes us to when and how to ask for what we need.
* **Effective Communication and Active Listening** – Is it time to revisit this simple, yet fundamental aspect of circle? Return to the basic building blocks of circle through exercises in communication and active listening. This refresher will help build a strong foundation from which to offer and ask for the support we need.
* **Using PIES to Connect** – We experience the world with our bodies, minds, hearts, and souls (**P**hysical, **I**ntellectual, **E**motional, **S**piritual), though we may be more familiar with some more than others. Get to know your circle members and even yourself in new ways with explorations in how we each perceive the world through these different pathways.
* **The Gift of Getting Our Buttons Pushed** – Having a strong emotional reaction to what someone says or does is what we call being “triggered.” Recognizing it’s happening is a gift and an opportunity for self-exploration and self-healing around an issue or wound. We’ll explore how to recognize when we or others are being triggered, how the triggering may relate to an old pattern or experience, and how to practice self-care and invite healing.
* **The Strengths and Challenges of Our Family Roles** – How we show up in circle is impacted by our experience in our very first group, that of our family. We’ll explore the gifts and challenges of each family role, their impact on the group, and how to gain freedom from a role in order to deepen our connection with self and others.
* **Healthy Conflict? What’s that?** – Conflict arises naturally as a circle deepens in safety and trust. Though you may not like to hear it, healthy conflict is an essential ingredient to healthy relationships, and our circle is a great place to learn and practice it. We’ll also revisit the four conflict styles and explore how they impact our circles.
* **The Importance of Anger** – Anger is one of the five fundamental feelings we’re encouraged to be aware of (along with sadness, fear, joy and shame) in our community. And, yet, in addition to your individual history with this emotion, there are many culturally shaming messages around anger, particularly for women. Let’s begin to explore how anger can be both a normal and healthy part of our lives *and* bring up fear, confusion, and ambivalence.
* **The Value of Clearings** – After a basic review of the Clearing process we'll explore when to clear, why they’re challenging, and how to be connected to both your vulnerability and empowerment during a clearing. We’ll also revisit how to be a Clearing Coach and taking care of yourself when you’re being cleared with.
* **Tools for Working with Fear** – Though no one likes to feel it, fear bubbles up when the world feels out of control, overwhelming or we’re in new territory in our lives. Learn more about the importance of this feeling and exercises you can use to support each other when fear shows up.
* **The Power of Our Shame** – There are few things more powerful than clearing shame from our system. Speaking about our shame helps us build compassion for ourselves and others and normalizes a feeling we all experience. We'll reconsider the differences between Guilt and Shame and review the power of the mirror exercise and the important parts for Listener, Supporter, and Speaker.
* **What’s Accountability? And Why Does My Circle Need a Process? –** Accountability is simply doing what we’ve said we’ll do. However, since we’re not perfect, we don’t always follow through with commitments to ourselves and others. Then what? This process helps you get back into account with yourself and others in a non-judgmental way. Knowing we’re accountable and being able to speak freely when we’re not is both a great reconnector and combatant of shame.
* **When am I on the Drama Triangle?** – Learn about the Drama Triangle and the Victim, Rescuer, and Persecutor roles and your childhood starting position. As we become familiar with each, and how we use it to run away from our vulnerability, we can choose to step off the the Triangle and into healthier, more authentic relationships with ourselves and each other.
* **Dancing with Our Shadows** - Psychologist Carl Jung used the word “Shadow” to describe those parts of ourselves that we repress, deny or disown. Recognizing and integrating what may be in shadow for us can be an important tool for self-awareness and healing. This workshop explores what we mean by Shadow and ways to identify and work with your Shadow material in Circle.
* **Circle Membership Transitions** – Over time we change. Our Circles change. Women leave our Circles. We bring new women into our Circles. Exploring membership transitions is a way of learning more about ourselves and creating powerful, supportive Circles. This workshop explores creating transitions in safe and supportive ways.
* **Circle Recommitment Ceremony** – Has your circle lost a bit of the focus or magic it once had? Feel your circle refreshed with some simple yet powerful processes in remembering why you’re here and revisiting your connections to circle and each other. This is a circle “Spring cleaning” in which you’ll clear out the cobwebs to see yourself and each other with new eyes.
* **Joy and Celebration** – Celebration and true joy can be work, too! Explore ways to celebrate your circle as well as individual’s progress, victories and milestones. And add some sparkle and creativity to your circle by giving yourselves permission to stand strong in joy and celebration.