

Choosing a ReCircle Topic

ReCircle will leave your circle with tools for future individual work as well as ways to deepen together after the guides have left.

Choosing a Topic for Your Circle:

We encourage individual 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!

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 your top two choices:

Triggering

Perfectionism & Intimacy

Drama Triangle

Shadow

Deepening Work

- **The Gift of Getting Our Buttons Pushed (Triggering)** – 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.
- **Perfectionism & Intimacy: The Everyday Shame We Carry** – How do our expectations, judgments and stories get in the way of connection? In an effort to not be hurt or rejected, we often take on perfectionistic attitudes toward our actions, bodies, and even our personalities. But when we judge ourselves, we also block ourselves from connection. Discover how sharing these stories of feeling “too much” and “not enough” with each other can increase intimacy within your circle.
- **When am I on the Drama Triangle?** – Learn what the Drama Triangle is all about. Explore the Victim, Rescuer, and Persecutor roles and discover your childhood starting position. As we become familiar with each and how we use it to feel “in control” and avoid 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.
- **Deepening Work** – We all know what it’s like to want to “work” in Circle and then find ourselves falling back into storytelling or other ways of avoiding our difficult feelings, our work, and our inner selves. This mini workshop helps to normalize how challenging it can be to go deeper and offers a variety of tools to both ask for the support you need and to support those struggling without trying to fix or change them.