

## **Sunday T-group Guidelines and Norms**

### T-Group Location

The location of weekly T-group is posted as an event in the T-group Facebook Group. The event is usually created a few days before Sunday T-group. Please honor all parking instructions and carpool when possible. T-group can result in a lot of traffic in residential neighborhoods so please respect our hosts and their neighbors.

### Attendance Prerequisites

All new T-groupies need to attend at least one Intro night before attending a Sunday Night T-group. Intros are announced on the Facebook page and occur every one to two months. If there strong extenuating circumstances, you may request a personal T-group intro from a member of the leadership team. Personal intros last 1 hour and cover all the T-group basics. Keep in mind that personal intros are a big ask of T-group leadership and only occur in rare cases when the leadership has sufficient availability.

### Arriving On-Time

Doors open at 6:00pm and lock at 6:15pm prior to the beginning of large group circle. Unfortunately you will be locked out if you arrive after 6:15pm and there are no exceptions. The intent is create strong container and avoid the disruption caused by people entering the space late. If you arrive to a locked door you, feel free to take a walk and return after the first T-group is complete.

### General Etiquette

Please arrive on-time and remove your shoes when you enter the space. Feel free to bring some food to share with the group. Please confine your snacking to the kitchen area. In general, only water containers are desired outside the kitchen area. Also, please remember you are in someone's home. As a host, it can be quite impactful to allow 40 people to wander all throughout your space. You may choose to scream, wrestle or pound. Typically this is fine as long as there is no damage to the home and you are in attunement with the space. Please treat the host's home with care and respect.

### Logistics of the evening

One or two members of the T-group leadership team will hold space for the evening. Below is a typical flow, however we may deviate from this flow based on what is in the space:

- Opening Bell at 6:15pm
- 2 minutes of silence
- Everyone shares their name and completes a sentence stem
- 5 minutes of 'Community Time' discussion
- Count off and assign rooms
- Break into T-group #1.
  - o Please get to your room within 5 minutes of breaking from the large group
  - o One person sets a timer for 45 minutes and T-group commences
  - o After the timer sounds, each person gets a 1 minute check-out to share their experience
- Reconvene for group shares

- Count off and assign rooms
- Break into T-group #2.
  - o Please get to your room within 5 minutes of breaking from the large group
  - o One person sets a timer for 45 minutes and T-group commences
  - o After the timer sounds, each person gets a 1 minute check-out to share their experience
- Reconvene for group shares
- Announcements and check-outs, time permitting
- Closing Bell at 9:15pm-9:30pm
- Please assist the host with any clean-up requests and please respect the host's requested end time for the evening.

### Arriving/Leaving in the Middle

Doors will unlock after the first T-group is complete around 7:45pm. This allows people to enter T-group who missed the first group. Also, some participants may choose to leave after the first T-group. It is a strong preference that participants join T-group for the entire evening. However, life often intervenes and some T-group is better than no T-group. Whether you are arriving or leaving in the middle, the group norm is to be present for large group shares in the middle of the evening.

### Convening On-Time

Please get to your T-groups within 5 minutes of breaking from large group. Also, please end your T-group on time and return to large group promptly. The T-group community is awesome and there is often a tendency to linger during transitions. Please respect the group field and recognize that your absence is felt. In certain cases, if someone was strongly impacted in a T-group, it is a norm to stay with a person who desires more assistance and come late to the large group. In these cases, please inform another member of your group so they can share this with the larger circle.

### Cleaning up

Before each T-group please note the condition of the room in which you are practicing. After each T-group please tidy up, fold any blankets and leave the room in the exact condition that you found it. Also, at the end of the evening, please do a little tidying in the kitchen and pick up any stray water cups. A little help from everyone goes a long way.

### Leaving On-Time

The T-Group evening typically completes between 9:15pm and 9:30pm. There is often time to socialize after space is officially closed. The host will typically offer a time by which everyone should leave. This is usually between 10:00pm and 10:30pm. Please respect the wishes of the host and track the time.

### Community Time

Community time is typically 5 minutes. The facilitator will open the floor for questions and comments. If nothing is offered, the facilitator will often have something prepared. Community time can be used for questions or clarifications of the practice. It can also to be used to voice any concerns, conflicts or charge in the community. Feel free to share emotionally charged content, however especially in these cases, please share your feelings and own your experience. If it seems community time has some momentum, the facilitator may extend it for 10 more minutes after asking the group. In these cases,

both T-groups for the evening will be 5 minutes shorter. The intent is to allow more time for conversations that may enrich the community.

### Group Shares after T-group

Group share is a popcorn style opportunity to share your experience of the previous T-group. Shares often include how you were impacted by the T-group and any epiphanies you had about yourself. Some norms for group shares are as follows:

- Share your own experience of the last T-group. What did you notice about yourself during the T-group? What does this makes possible for you?
- Shares are typically one or two sentences to convey the essence of your T-group experience.
- Names of other participants are not typically mentioned. However, individuals will often out themselves if they were part of a particular group.
- The person who shared is not typically asked follow-on questions. Let the share sit in the space until we move on to the next share. This is not a time to get more information or give advice.
- If you are impacted by the share it is perfectly acceptable to share how you were impacted.
- This is not a time for a meta discussion of the practice or it's guidelines

### Unstructured time before/between/after T-groups

During the 'in between' times there are no explicit behavior guidelines. However, everyone is encouraged to respect the group field and help deepen the energy of the evening. Sharing felt experience is great. Listening to your experience and speaking in alignment with your current felt sense is encouraged.

### Safety

T-Group can be an emotionally challenging practice. T-group can be therapeutic but it is not therapy. You are ultimately responsible for your own safety. Some basic safety guidelines are:

- Practice self-care.
- Enforce your own boundaries. State your needs.
- Leave, if need be. Do what you need to take care of yourself.
- Witnesses play an important role. If you are witnessing an interaction that seems unsafe, share your felt experience.
- Think about your impact on others. You can express your truth while also considering the group field.

### Confidentiality

There is no implicit confidentiality in T-Group. However, any participant may request confidentiality proactively or retroactively. Even if confidentiality is not requested, participants are encouraged not to use names and only share their own experience.

### Basic Practice Guidelines

1. Stay in the present moment (don't talk about anything that happened more than 30 seconds ago)

2. Share your felt experience. Attempt to deemphasize your thoughts and analysis. Most of your practice is to share your feelings and emotions. On a basic level, share your version of Glad, Mad, Sad, Fear or Shame. As you progress you will become a wine connoisseur of your emotions using more subtle descriptive language.
3. Own your experience. This is one of the most difficult principles of T-group. Your experience is not caused by someone else. Avoid blaming others for your experience. Avoid judging or commenting on the experiences of others. There is can be a lot of energetic subtlety to owning your experience. Notice, as you share an emotion, where is the locus of your attention. If your attention is on yourself then you are most likely owning your experience.

For more information and additional resources please visit <http://www.bouldertgroup.com/> or contact a member of the leadership team. Leadership team contact info is pinned to the top of the Facebook group.