

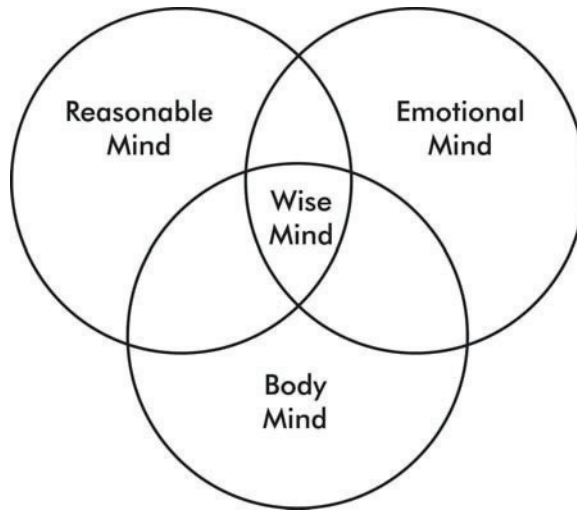


Exploring Grief Class Agreements

1. Please be on time as we will need all our time together each week to check in and discuss the touchstones and skills. If you must log in late and the class is doing an exercise, please join in silently until there is a break in the activity and we can greet you.
2. As much as possible, find a place to join the class that is private. If there is noise in the background where you are, please mute yourself unless you are speaking.
3. **Keep your camera on at all times.** Being visible to the other participants is part of the process of fully participating. We all may feel vulnerable and have emotions arise. It might be tempting to turn your camera off, and we are here to support each other – tears and all. If you want some support around your emotion, raise your hand or speak up in the chat. If you do not ask, we will respect your privacy.
4. Avoid sending private messages to individuals in the chat. Your individual message may or may not be appreciated and it undermines the cohesion of the group. If you have a concern about the class dynamics or structure, please talk with the instructor privately. I am open to hearing what is or isn't working and make adjustments if needed.
5. Each person's grief is unique. While you may share some commonalities in your experiences, no two of you are exactly alike, and no two losses are exactly alike. Consequently, respect and accept both what you have in common with others and what is unique to each of you.
6. Grief is not a disease, and no quick fix exists for what you are feeling. Don't set a specific timetable for how long it should take you or others to heal.
7. You are encouraged to talk about your grief. However, if someone in the group decides to listen without sharing, please respect their preference.
8. There is a difference between actively listening to what another person is saying and expressing your own thoughts and feelings. Make every effort not to interrupt when someone else is speaking.
9. Thoughts, feelings, and experiences shared in this group will stay in this group. Respect others' right to confidentiality. Do not use names of fellow participants in discussions outside the group or share identifying details.
10. Allow each person equal time to express themselves so a few people don't monopolize the group's time.
11. If you decide to *leave* the group before this series of meetings is completed, be willing to discuss your decision with the group.
12. Avoid giving *advice* unless it is specifically requested by a group member. If *advice* is not solicited, don't *give* it. If a group member asks, then it's OK to share ideas that helped you in a similar situation. Remember that this group is for support, not therapy.
13. Recognize that thoughts and feelings are neither right nor wrong. Enter into the thoughts and feelings of other group members without trying to change them.
14. Create an atmosphere of willing, invited sharing. If you feel pressured to talk but don't want to, say so. Your right to quiet contemplation will be respected by the group.



Wise Mind: States of Mind



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Reasonable Mind Is:

**Cool
Rational
Task-Focused**

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics.

Examples:

- paying bills
- doing a crossword
- studying
- cooking
- sewing

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Emotion Mind Is:

**Hot
Mood Dependent
Emotion-Focused**

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not influencing you.

Examples:

- sadness: withdrawing
- anger: lashing out
- fear: hiding
- anxiety: avoiding
- joy: approaching
- love: embracing

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Body Mind Is:

**Physical Sensation
Physical Health
Nervous System**

When in *body mind*, you are ruled by physical sensations in your body, illness, and an activated Sympathetic Nervous System.

Examples:

- tightness in chest
- upset stomach
- headache
- cold or hot
- sweaty

Wise Mind Is:

The wisdom within each person
 Seeing the value of both reason and emotion
 Bringing all states of mind together
 The middle path

Wise Mind Examples:

- Intuitively knowing what works for you
- Finding compromise
- Choosing self-care when you'd rather work or play
- Not making things worse