

Heart Talk * Heart Listening Rules

Listening with an Open Heart

1. No phones are allowed in the room.
2. Only the person holding the heart can talk. Everyone else must respectfully listen.
3. Talk about how you feel using “I” messages. Stay in the present and come from your heart.
4. Don’t dominate the conversation.
5. Don’t judge or criticize what anyone else has said.
6. Feel free to pass.
7. Pass the heart to the left.
8. Keep everything that’s said confidential.
9. Never use anything said as a weapon after the heart talk.
10. Stay in the group until the heart talk is completed.

Group hug!

