



## Group Framework

1. **The purpose of the group** and its activities is to exchange ideas on the topic of dignity and to learn and practice **dignified interaction with one another**: listening to oneself and others, acquiring new knowledge and skills in order to experience and support oneself and others more competently in the development of self-love and dignity.
2. **I am my own boss**, meaning:
  - I always express myself from my own personal standpoint.
  - I am selectively authentic (everything I say is honest, but I do not say everything that is honest).
  - I always take a moment to notice my own state first and do not react immediately. In my interactions,
  - I distinguish between: What is the cause and what is the consequence of my actions?
3. **The values within the group are**:
  1. My dignified treatment of myself (physically, emotionally and mentally),
  2. My connection with others (reciprocity),
  3. My fundamental attitude of openness to learning and change (noticing who I am, what I want to learn here and how I can develop),
  4. I am aware that dignified engagement with the group is demonstrated by my regular participation.

These values find their expression through the way we live them within the group's processes.
4. **Personal matters shared by others remain within the group.**
5. **The group facilitator is responsible for upholding this framework.** Their decisions and guidelines are binding for all. Disruptions take priority. **The facilitation role can and should rotate.** Each time, a different person takes the lead. Those with less experience are invited to practice the role by trying it out. More experienced members provide support upon request.
6. **Collaborative work on a personal topic or concern** (wishes) of an individual only takes place when it is clear to everyone who is taking on the role of framework holder and companion in the exchange for that concern.

7. **If I am unable to adhere to this group framework or the given guidelines,** I leave the group space (accompanied if desired) until I am able to comply with the framework again. This ensures a dignified way of being together.
8. **Anyone who wishes to leave the group** comes to at least one more session after announcing their departure to say goodbye.

### **Addendum**

1. I believe nothing and verify everything myself. **I think for myself.** Here there are only pointers from others.
2. From time to time — especially in situations of conflict — I remind myself of why I am participating in this group. **What is my concern?**
3. **I pay more attention to my state** (physical, emotional) than to content (thoughts, impulses). I respect my boundaries! See point 3.1.
4. **I make important decisions within the group on the basis of conscious, heart-centered understanding,** not on the basis of overwhelming emotions, impulses or moods.
5. **I find out which habit or attitude I can let go of or release** in order to make use of this group for myself and my growth.
6. I am aware: **I am responsible for making myself understood, but not for whether others understand me.**