



This Participant Agreement outlines the agreed conduct and behaviour of you as a participant with the inSight Tribe groups. By joining inSight Tribe you agree to abide by all of the provisions outlined here:

Purpose

The inSight Tribe groups are set up to support people who have been experiencing crisis in their lives, and who are looking for support and pathways onwards. Different groups work with different issues such as inSight Men's Circle, inSight Womxn's Circle, and inSight Circle (for men and women).

The purpose of the groups is to provide a space for listening understanding and support for one another. In listening to each other we develop a better understanding of what has occurred, of the pain and suffering that we have endured, and of our own responsibility within this. In doing this we will move forward with greater clarity, purpose, wisdom, strength and peace.

The Circle operates under the rules of honour and respect.

We honour and respect the Circle as being a 'sacred space' in which those people who gather there will conduct themselves with honour and respect for themselves, for each other, and for the space they are in.

Honour and Respect for Yourself

While in the Circle you will understand that you are a unique individual with a reason for living and your own unique journey to walk. You have much to teach, and much to learn.

To truly honour and respect yourself, you must be prepared to confront the truth of yourself and your actions. This is the journey of a lifetime, and for many this can be a hard road. When the journey is hard, be gentle on yourself. Allow yourself to experience your journey with all its pain and sorrow, joy and freedom.

Alcohol and other drugs dull and confuse our journey, and make it even harder. You will not come to the circle under the influence of alcohol or other drugs. Honour and respect yourself by coming in to the Circle clean and sober.

Taking responsibility for yourself is essential. Understand that no-one can make you say, do, or feel anything. You are responsible for yourself and everything that you say, do or feel. If you cannot take responsibility for yourself and your words or actions will harm another in the Circle, you will be asked to step away from the Circle until you are ready to return.

When speaking, speak for yourself. Use "I" statements, and own what you say as being your words. Speak to your own experiences, beliefs, feelings, understandings, and insights.

Honour and Respect for Each Other

While in the Circle there are other people who are travelling their own unique journeys, with all of its pain, frustration, and doubt, as well as the joys and triumphs. It is their journey to discover their own truth of this for themselves. The Circle is a place for listening and supporting each other through our listening. Giving advice, telling others what to do and how to live their life creates an additional obstacle for others to get across. Listen, just listen. When you have the need to speak, speak your own truth, for you. Do not criticise or try to make others wrong.



The things which people say and do are to be treated as being sacred. Thus it is not to be shared outside of the Circle with others who may not understand, without seeking the permission of the persons involved first. In this way, what is discussed is confidential, and is not to be shared with others.

The exception to confidentiality is when the words or actions will lead to harm to the person or to someone else. In this case seek advice from the appropriate authority in a timely manner.

When speaking, only one person is to speak at a time. Give each other the time they need to express themselves, and know that silence can speak more loudly than words. Give space to each other when they have a need for silence. Look to the leaders of the circle for guidance if wishing to speak out of turn.

It is important to keep each other safe, and so violence and verbal abuse towards another person is strictly forbidden.

Honour and Respect for the Space

It is a privilege to enter the Circle, and to be able to listen and share. Use your energy to hold the space sacred. The tools used here, such as the Talking Stick, are to be treated with respect, so handle them with care.

When leaving the space, leave it cleaner and tidier than when you first arrived. Make sure that the mark you leave is a clean one.

Listen to the instructions given by the leaders of the Circle. Follow those instructions to the best of your ability.

Understand that the Circle is part of a journey and is not an ends in itself. Know that you are to go out and live your life to the fullest when not part of the Circle.

Different people will have different roles within the Circle. Accept that people have their roles for a reason, but aspire to greater things. If you wish to play a greater role then step up and let it be known.

The roles within the Circle are:

- **Participants:** Participants are people who have come to gain support for the challenging issues in their lives they have been dealing with, such as family breakdown or personal struggles.
- **Supporters:** Supporters are good people from the community who have undergone training in order to be a part of the Circle and to support the Participants and Leaders. They often start their journey as Participants.
- **Leader:** The Leader is a person who conducts the business of the circle, ensuring that things happen in a smooth and orderly way. They have the final say in decisions of the Circle.
- **Mentor:** The Mentor is a person with wisdom, training and experience of the issues discussed within the Circle. It is their role to support the Leader, and to question and challenge participants in order to help them gain greater insight, understanding, and freedom.

The Agreement

I hereby declare that I understand, honour, and respect the requirements of me as a participant with the inSight Tribe. I will abide by all the requirements of this agreement to honour and respect myself, others, and the space in which we work in.

Name:

Signature:

Date:

Please retain a copy of this for your own reflection, as well as a copy which is submitted to inSight Tribe.