



# THE BRISTOL COMMONS

## Community Power, Land Justice & Systemic Change

### Community Agreements

- **No Put-downs of Self or Others**

*We are creating a culture of encouragement that is generative, not reductive. In particular, we do not put ourselves or others down as this can be harmful and shut down creativity and participation.*

*As such, our movement does not tolerate discrimination of any kind, and we are dedicated to holding a safe, inclusive and welcoming space.*

- **Respect Self & Others**

*Everyone has the right to be respected for who they are and what they think and feel. We take care of each other and strive to be empathic and kind.*

- **Listen Well**

*We seek to understand each other - both literally and empathically. We invite everyone to listen from the heart, including to ourselves and our body intelligence.*

- **Be Willing to Try New Things**

*Sometimes we can shut ourselves down or restrict our participation by thinking something is “not for me” without even giving it a go. We invite people to keep an open mind and try to stretch our comfort zones.*

- **Compassionate Participation**  
*Everyone has the right to be seen and heard, and to participate to the best of their ability. This means we take the opportunity to share what matters, but we are mindful to facilitate others to take space too by not taking up too much 'air time'.*
- **Attend To Your Needs**  
*We encourage everyone to look after themselves by taking the time we need and not push ourselves too hard. Sometimes we may just need a break, some water or a bite to eat - and that's OK.*
- **Share your Reflections**  
*As well as giving space for others, we are all invited to share our ideas, reflections, perspectives, experience, knowledge, wisdom and concerns. Everyone has something to offer and we will be collectively richer for all our contributions.*
- **Challenge Behaviour not People**  
*We strive to challenge the behaviour and not the person. To support this we ask that people 'own' their thoughts and feelings and not to generalise. The use of 'I-statements' can help this, e.g. "I think... / I feel..."*
- **Seek Support If Needed**  
*Sometimes things can come up or be said in a way that can trigger us. We encourage each other to recognise if this happens to us, and to take the steps we need to look after ourselves. Facilitators are on-hand for anyone who may need support.*
- **Nurture Solutions**  
*We invite solution-focused thinking. This does not minimise the problem or concern, but seeks to transform it into something beneficial for all. We exercise the permaculture principle: 'The problem is the solution.'*
- **Permission to Enjoy Ourselves**  
*We want our time together to be nurturing, informative, inspiring, connecting and thoroughly enjoyable. We invite playfulness, creativity and cultivate opportunities to have fun. When we are enjoying ourselves we are more likely to be giving and receiving from our 'best selves', and much more likely to be engaged and committed to the process.*

