

# Group Commitment

- Being in attendance and on time at meetings
- Being present and with each other during the meeting
- Before speaking, pause-relax-open (accept)-trust emergence
- Discerning what is helpful and what is not to share or express
- Being open--responding, rather than reacting, to one another
- Accepting and trusting each other, in spite of our sometimes unskillful expression of inner conflict and emotions
- Asking before offering advice
- Being lean of speech
- Respecting confidentiality