Group agreements for Soulmap Journaling

Soulmap journaling is a process where we use the page as a place to reflect, get to listen to ourselves and process what is going on in our lives. It is “process over product”. This means we are not setting out to make a work of art rather to experience ourselves as we work. This is a crucial part of our work and something we will return to over and over again.

The boundaries for the group are clear and need to be met by all participants. They are based on values and practical things that support the process.

**Respect**. We respect each other. We take time to listen, share and treat each other, the tools, the process and the group with respect.

**Kindness:** We treat each other with kindness. We treat ourselves with kindness. This includes no comparison with the work of others, responsible self-care and asking for help.

**Confidentiality:** Whatever happened in the group stays within the group. Nothing will be disclosed from the group unless Jane has a concern about safety. Each participant’s safety is crucially important.

*We have a no comments policy – that means we don’t say anything about someone else’s work – good or bad. This can be hard to get used to but is important for giving us the space to create without hoping it will please or displease others. If you see something in someone else’s work , please consider that an insight for you*.

**Turn up bravely**: even if you are scared and don’t know what to do or how to get it right (and there are no mistakes in soulmap journaling) turn up anyway.

**Trust what arises**: Listen to your intuition – it’s voice is often quiet – and follow that while you work. Notice the unexpected on your page, and let yourself be surprised.

**Be kind to yourself**: If you can take the time to be kind to yourself as you work you will get the hang of the process much faster. If you notice the inner critic turn up please just notice and turn up bravely anyway.