

# Care and Counsel in Cohousing

Menu of Offerings to Keep Ourselves Connected





CONNECTION



## Pioneer Valley Cohousing Community Vision Statement

We envision a thriving community  
in which we celebrate life's joys and give solace in times of sorrow;  
strive to be the "someone else who will do it" as a gift of generosity to  
honor our neighbors and out of love for our planet;  
seek to transform ourselves through the creative forces of conflict and  
forgiveness;  
welcome differences as connecting bridges while respecting healthy  
boundaries;  
and share our physical, emotional, and spiritual resources in the spirit of  
the "co" in cohousing.

In the spirit and in support of this vision, we provide this Care & Counsel Booklet.

*--The Care & Counsel Circle*

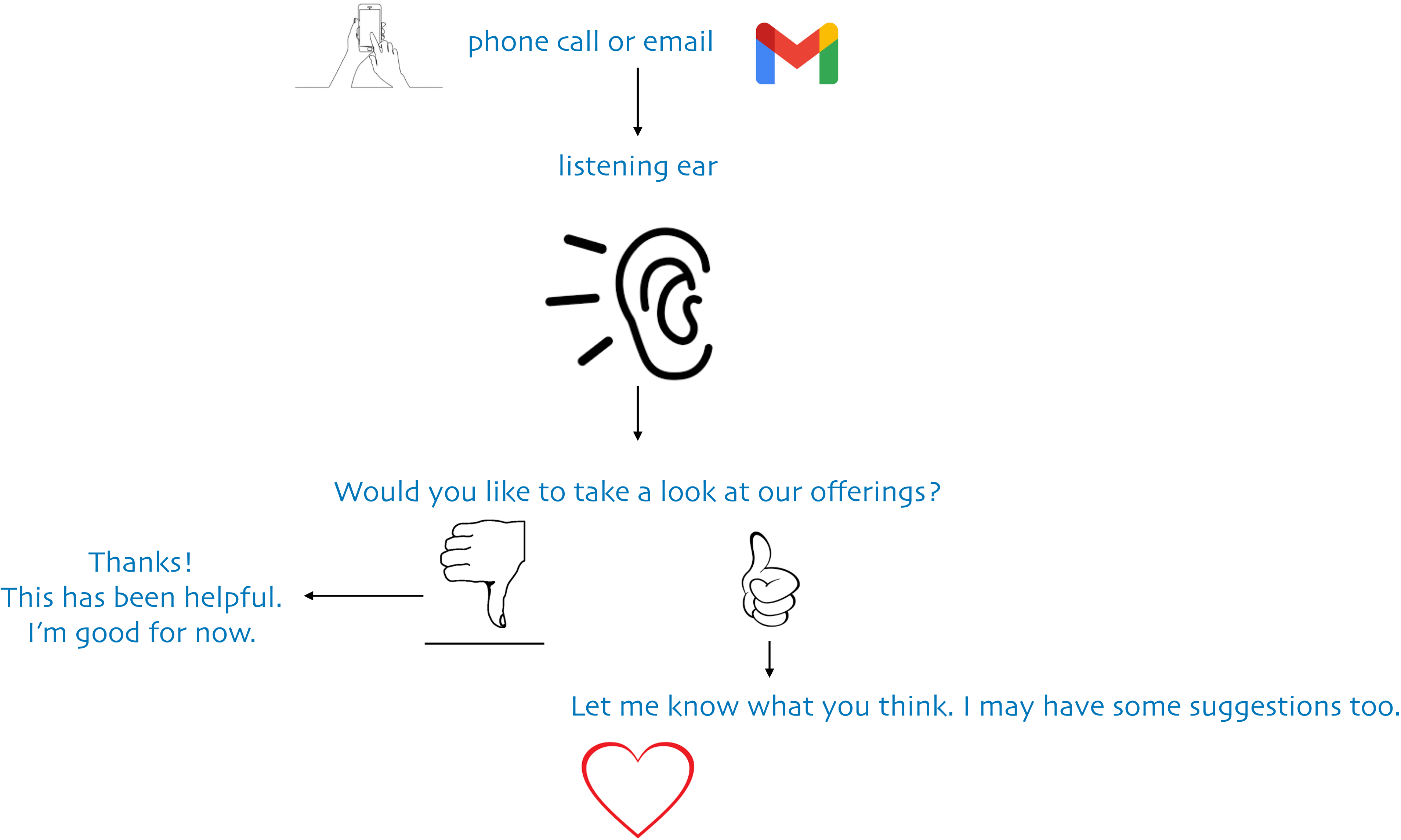


This Booklet is a living document.  
Care & Counsel Circle updates it as facilitators change and as  
we discover new tools or better language to share the tools.  
Latest update - December 2020





flow chart





You are responsible for yourself:

While C&C Circle loves to help, it is with the understanding that everyone is responsible for themselves.

We may not have the capacity to help resolve some situations.

We do not take on the role of therapists  
nor do we make decisions.

In addition to being the “help-line” for people in the community, the C&C Circle proactively provides various other opportunities for us to  
grow, heal, and connect.



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It includes ways that we can help one another.

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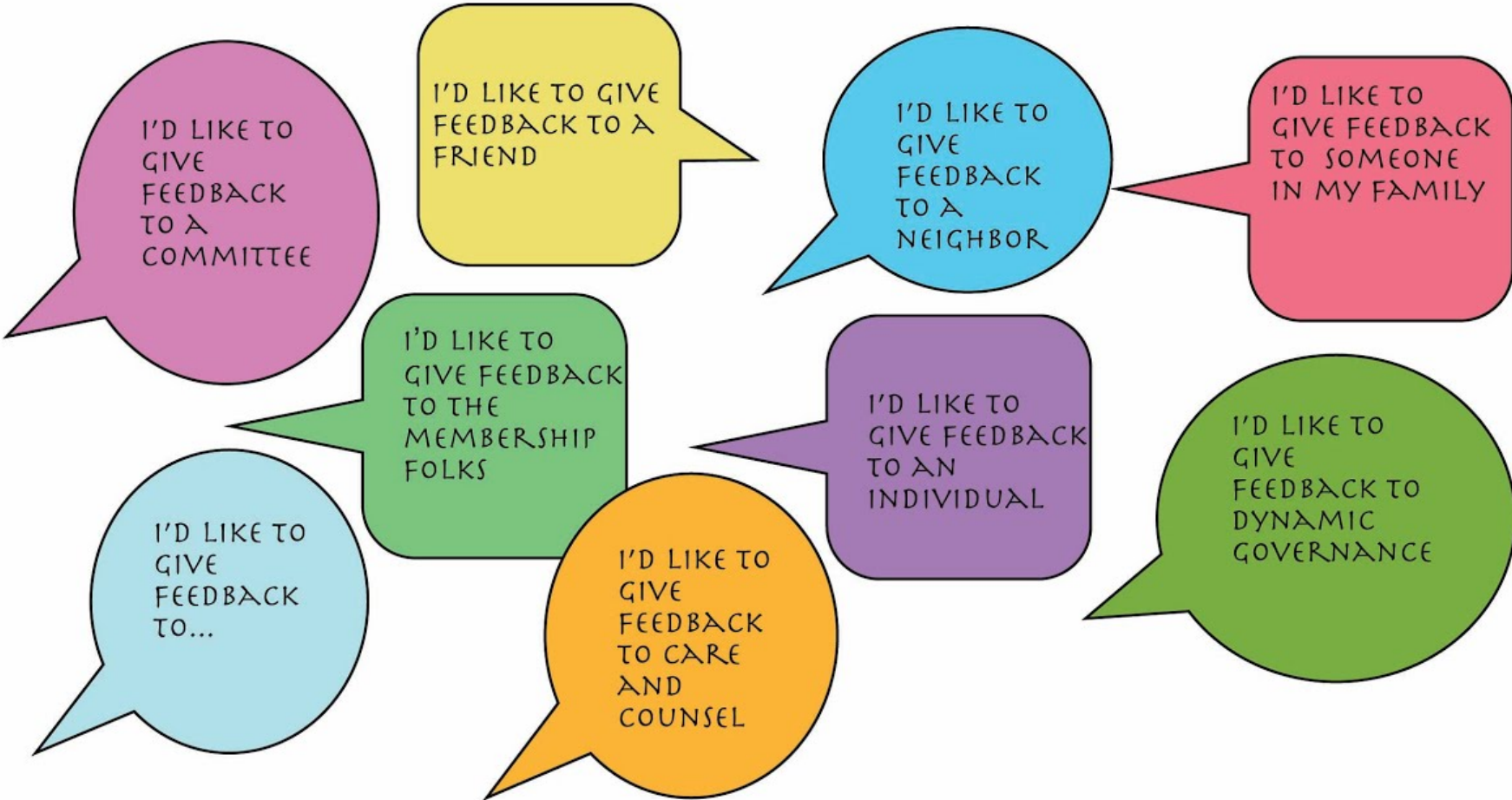
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# COMMUNITY FEEDBACK FORM



MY EXPERIENCE:

WHAT I APPRECIATE:

WHAT I WAS HOPING FOR:



## Giving feedback

The purpose of giving feedback is to make a collaborative change. This is different from having a dumping session. We've provided a feedback form (front and back). There are various options for how to use it:

- as a self reflection tool



- in writing



- in person



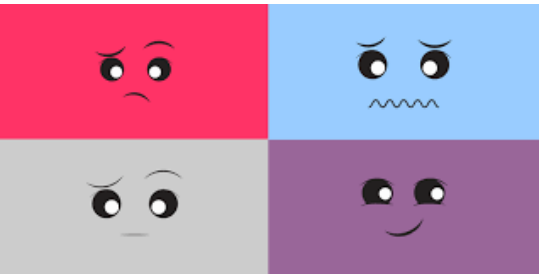
- with a third party





FEEDBACK PREP SHEET

My experience:



The idea here is to take full ownership of our experience. This idea is based on the notion that no one causes our experiences. Someone may be the stimulus of our feelings but not the cause. This is a time to reveal to the listener what it is like to be us. We all have different ways of experiencing stimulus based on who we are. I get triggered by things that my sister does not and vice versa; even though we had a similar upbringing, etc. One of my big triggers is volume and din. This comes from being a teacher. I might say to my class “I can’t teach because you are all too noisy.” (a blaming statement that is hard to hear) In a more self-responsible way, I could say “I just want you all to know what’s going on for me right now. I’m starting to notice myself get stressed out. This happens to me when the sound around me reaches a certain volume.” (an easy to hear statement that is likely to result in a lot of empathy for me) So, when we can express our experiences with the frame of what we, ourselves, are bringing to the experience, it opens up the trust.

Appreciation:



This is a time when the listener can relax and feel self-assured that they have some self-worth. Mention big ideas supported by examples.  
le, ‘What I like about you is your ability to laugh at yourself. This is a quality that I admire because I tend to lack in it. Remember the time when you poured the wine into your salad bowl? But not only that, I’ve always envied your ability to speak so eloquently in a group. Just last week at the Full Circle...’

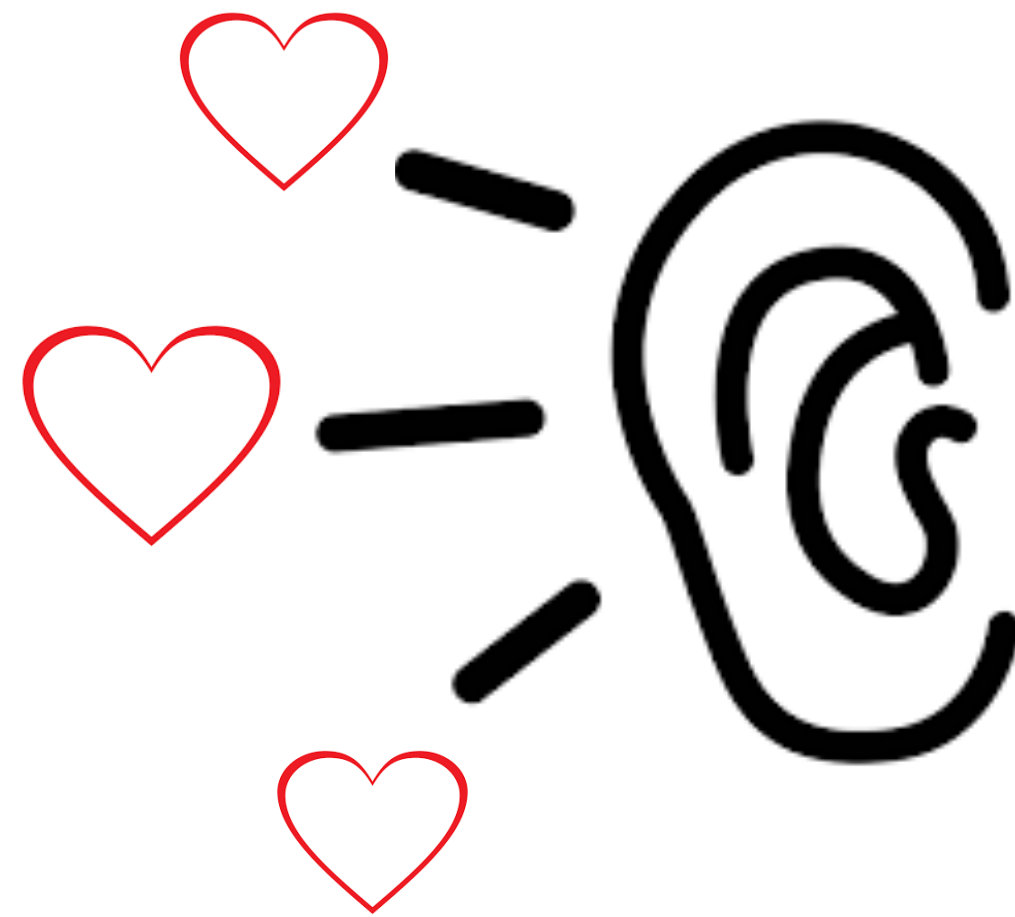
What I was hoping for:



Think about a difficult experience and turn it around. This is a time to speak your vision of the kind of interaction or relationship you value. This could also be a time to express regret on your part.  
le, ‘I value a dissenting voice because it keeps us thinking critically. I was hoping for a kind-hearted exchange of debate that would expand our thinking and work together. I wish I had been more transparent about this vision early in our meetings together. I was questioning my leadership ability quite a bit but was unable to get beyond my own triggers...’

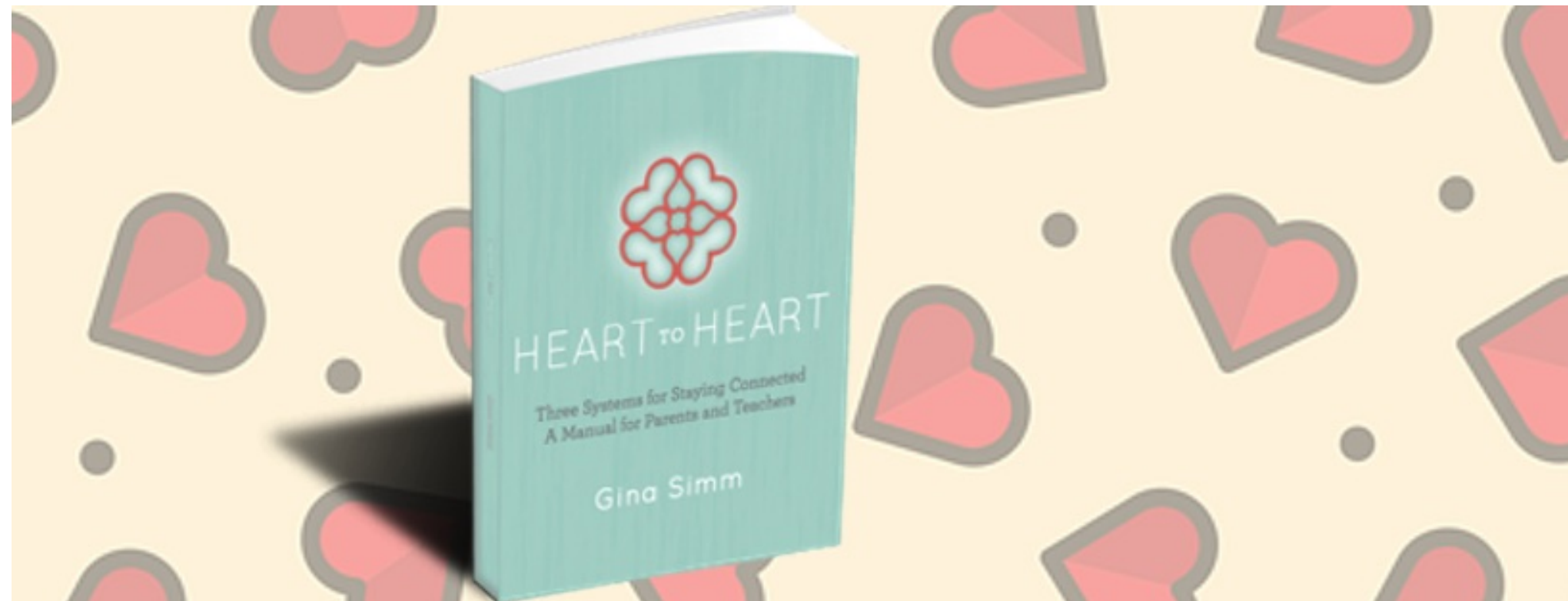


Biggest Bang for Your Buck:





thank you!



my book

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- ☼ trainings for your community
- NVC 101
- facilitated conversations
- what is empathy?
- how to launch a C&C committee
- kids in cohousing
- parenting workshops

consulting

email me:  
[ginasimm54@gmail.com](mailto:ginasimm54@gmail.com)