



Self-Care Agreement

Courageous Conversations is a virtual community where we can come together to share perspective and connect around books that are impacting us. This group is a shared-learning experience and not to be used as replacement for coaching or therapy. Due to the nature of topics that might be discussed, we understand that there may be times where the group and/or information becomes overwhelming. Understanding that each of us are in different places on our journey, it is important to understand where you are at in yours and taking care of yourself accordingly. Please take a moment to reflect upon the statements below:

I agree to take care of myself while I participate in this group. If I am feeling overwhelmed, I will listen to my body and slow down. I will not push myself to do things that feel unsafe.

If I need to take a break and stop thinking about this work, I will:

If I need to process through my feelings, I will:

If I need to reach out, I will call:

_____ I do not have a therapist or a counselor right now, but I will ask for a referral from a trusted source or referral service.

_____ I have a therapist / counselor whom I can call and meet with when I need to.