

# LifeStory Circle Guidelines

## Be R.E.A.L.

**R**ecognize that it's a privilege to be entrusted with others' stories. Listen with gratitude and full attention.

**E**nough time: Designate a timekeeper in each group. Example: If you have thirty minutes for sharing, the timekeeper can manage the time so that each one in the group has enough time to read.

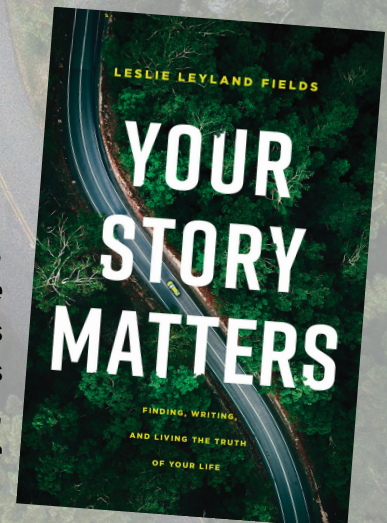
**A**lways be affirming. Respond as friends and human beings first, not as editors, judges, or critics. We don't have to like or agree with a story to be supportive of the writer. Our role is to be witnesses and encouragers.

**L**et the writer take the lead in requesting feedback. Sometimes feedback isn't desired and the writer just needs listeners. Other times writers want feedback. Here are some questions the writer could ask of the listeners:

- Is there any part that was confusing?
- Is there any part I should develop more? Or any part that doesn't feel relevant to the story?
- Do I have enough scenes/summary/reflection?

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Excerpted from the book,  
*Your Story Matters: Finding, Writing,  
and Living the Truth of Your Life*  
by Leslie Leyland Fields  
(c) 2020 NavPress  
Eight-week companion video,  
*Your Story for His Glory*, also available



**\* Important Note:** LifeStory Circles are not a substitute for therapy or professional help. If you have traumas you need to work through, please seek appropriate professional guidance.