

This is an excerpt from the Communication 101 article “What To Share And Why”, on KinkyPoly.com.

Print out this page. Take turns holding space and write people’s initials next to each item on this list until it’s clear everyone has shared each of these topics. You can also

collect your thoughts and practice sharing without blame before having a conversation by writing out your answers to all the items and then double checking your words for blame, shame, criticism, judgment, and obligation. Then adjust your answers until you are ready to share your blame-free perspective with others.

Bold text shows the focus of each item. Notice that they all start with the phrase “**from my point of view,**” on purpose. They all end with **and share nothing else,** on purpose.

Great things to share when someone is holding space of us are:

- “From my point of view, **I feel** ____ (1 or 2 core, chemical emotions only) about (the main topic),” and share nothing else.
- “From my point of view, this is the timeline of events **as a camera would have recorded it,**” and share nothing else.
- “From my point of view, **the things that went right** were _____, _____, and _____. I want to **recognize your efforts** in those things going right and say, ‘**thank you**’ for that,” and share nothing else.
- “From my point of view, **my expectation/assumption** was that _____ would happen and it turned out _____ **happened instead,**” and share nothing else.
- “From my point of view, **my need for** _____ **was not met. It’s my responsibility** to get my needs met without hurting or obligating others. I would appreciate any help you might be willing to offer though,” and share nothing else.
- “From my point of view, **I now realize** _____ **and I didn’t know that at the time,**” and share nothing else.
- “From my point of view, **I have a boundary** that wasn’t known or wasn’t respected which is _____. **It’s my responsibility** to get my needs met without hurting or obligating others. **It’s my job to** share and enforce my own boundaries. I would appreciate any help you might be willing to offer though,” and share nothing else.
- After talking thought all of the items above, continue to say, “from my point of view,” and share whatever is still standing in the way of us feeling *complete* on this topic. Keep it short. Share one thing at a time and share nothing else.

For a complete walkthrough on how to hold space as a group, search KinkyPoly.com for the article: “Holding Space with a Mic.”