

# Relationship Cookbook: Joiner's Guide

in case you missed the introduction

## What's happening?

We are having a semi-structured conversation.

It feels a bit strange at first, but it works (trust us). Try to observe for a while, and do what other people do.

This is a short guide to help.

## What are the rules?

They are more like guidelines than rules:

### \* every conversation is timeboxed

5 to 10 minutes per block, extended if the majority wants.  
No topic will overstay its welcome.

### \* it is self-facilitated, mostly with hand signals

We're using hand signals taken mostly from the Occupy Wall Street assembly, with some small changes.

With them, we silently signal we want to say something, we express approval or disapproval, we keep track of who wants to talk next.

Also, we choose together if to stay on a topic or if to pass to the following one (or terminate an event).

### \* we keep the conversations personal and practical

**DO:** keep it personal and practical

Talk about you experience, about what happened to you.

**DON'T:** no general philosophy

If someone wrote an 800 pages tome on the topic, it's improbable we'll solve it in less than 10 minutes. This includes topics like "what is love, after all", "why do we want relationships anyway" and similar.

**DON'T:** no prescriptions

Don't tell others what to do: it almost never leads to a productive conversation.

You can also express your strong opinions, we even have a hand signal for this.

**DON'T:** no "what" without "how"

We share what works, worked, or didn't work, for us. We don't say things like "just be yourself" or "don't be jealous".

Talk about what happened to you, give details, experiences.

**EG:**

"I used to feel jealous in SPECIFIC SITUATION, but doing SPECIFIC THING THAT I TRIED, things changed". \*

\* (you may have to insert your own SPECIFIC THING/SITUATION)

## Hand signals

### Facilitation



Also known as "stacking":  
"I want to talk next with a longer contribution".  
(keep your hand/arm/finger up: if you put it down, we expect you don't want to talk anymore)



Also known as "question" or "comment":  
"I want to ask a question/add something short to what's being said"



Someone raised their hand and wants to talk.  
In THIS case, it's polite to - point at people (and impolite not to)

### Emoting



I agree with what's being said.  
Also "me too".



I disagree with what's being said. Also "that doesn't work", or "I tried, and I got hurt"



We got the point, you're repeating yourself/someone else.

find out more:

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