

Eight Ingredients for Creating Safe Space

1. **Vulnerability/risk taking** – *Question — "If people really knew me, they would know..."*
2. **Humor/Laughter**
3. **Group agreements** – that help to build a container capable of holding diverse perspectives and experiences.
4. **Psychological Safety/No (expressed) judgment** – of people and ideas
5. **Stories** – that allow people to see themselves in the other person (or the perceived other)
6. **Relational Tissue** – some level of pre-existing relationship between facilitator and participants and among participants
7. **Permission** – to think and share with others in ways we normally do not
8. **Sense of community/fellowship** – introducing food, music and laughter as a way of giving people a break from the daily routine of wanting, worrying, rushing and judging