

Create an "instruction manual" for myself

Take 20 minutes to write down answers to the following questions. Imagine typical everyday situations that you will regularly share with other community members, as well as exceptional situations that you hope others will not experience. The questions are intended as inspiration. Not all of them need to be answered.

- What things are particularly important to me when living and working together?
- What can you particularly annoy me with?
- When (and how) is it better not to speak to me? What do I react to more strongly than is appropriate (because it touches on old hurts and issues)? How can I then be dealt with well?
- What do I need to be able to accept critical feedback?
- What do I see as my personal learning task right now? How can you help me with this?
- Is there something in me that is rarely seen and that I wish you would recognize?
- How easy is it for me to ask for support in challenging situations? How do others recognize that I actually need support?
- What challenges do others particularly like to ask me for support with?
- What else is important to know about me?
- What can you do to make me happy?

Then get together as a group and present your instructions to each other. Some of the messages will probably be amusing, others touching or even frightening. It can be very helpful to ask questions for a deeper understanding or to follow up benevolently in some places. After all, knowing about each other's sensitive personal issues makes a big difference when it comes to working together.

Quelle: Max Junginger/Eva Stützel: Der Gemeinschaftskompass. 2021. oekom Verlag.