



# circle questions

as you go around the circle,  
you're forming a circle of support

## circle questions are great for:

- small groups
  - retreats
- mentoring groups
  - leader training
- moms' night out

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## There are 18 questions per category:

- family of origin
- marriage & inlaws
  - mothering
- personal growth
- spiritual growth

## getting started:

- print the cards on cardstock and cut them out ahead
- use in groups (ideally) of 4-12
- create a safe and private sharing environment
- set guidelines for the group
- pass out the cards one category at a time
- consider starting with "family of origin questions"
- give everyone at least two cards to choose from
- encourage everyone to participate, but give the freedom to adapt a question if it doesn't "fit"
- optional "round two": ask one other person in the group to answer your question

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## group guidelines:

- encourage the group to put away phones and other distractions so they can listen well
- refrain from interrupting or giving advice
- be careful about side conversations in the group
- encourage follow up questions, and encouragement