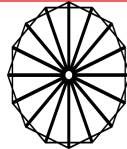


Circle Questions

By Lyndsey Rose Burcina



METTA CENTER

for **NONVIOLENCE**

Checking In:

The importance of a check in question is to gain a deeper understanding of the circle participants. It helps people feel comfortable.

Examples:

1. Rose and a Thorn - something positive going on in your life and something that could be going better.
2. Tell us about your favorite food, color, song, tv show, etc.
3. Would you rather...?
4. Using different types of weather, how would you describe your mood?

Questions for Conflict Resolution
Circles by the International Institute for
Restorative Practices

RESTORATIVE QUESTIONS

WHEN THINGS GO WRONG:

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

WHEN SOMEONE HAS BEEN HARMED:

- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?



RESTORATIVE QUESTIONS I

When things go wrong...

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

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RESTORATIVE QUESTIONS II

When someone has been harmed...

- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?



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Content revolves around relevant or current events. The most common topic is politics.

Examples:

- How have you been affected by the housing shortage, and how do you think it has affected others?
- Are you in favor of stricter gun laws, or should we be more lenient?
- If you could make one change in your community, what would it be?

Content Questions

Content Questions, Continued

When coming up with a content question, try to tie it into events that affect the immediate community. When there is a direct connection to the circle participants, you have a higher success rate.

Closing

To close out a circle, make sure to do a go-around asking the participants how they felt about the session. It can be a simple one word answer, or you may ask for an explanation as to why they gave their initial answer.

