SUBSTANCES

Smoking
Psychedelics
Alcohol Cannabis
Therapeutic/ritualistic
Recreational
Abstinence

SOCIAL TECHNOLOGIES

Group processes Sharing rounds
Check-ins Reflection & Retros
Conflict transformation processes
Honouring cultural traditions
Decision making systems
Shared rhythms/cycles
Conscious communication
Task management
Authentic relating

SOCIAL RELATIONSHIPS

Friendship Family Dating
Parenting Intergenerationality
Work colleagues/team
Neighbours Intimate relating
Sharing long-term goals
Non-monogamy Romance
Neurodiversity conscious
Mentorship/guidance
Pets

GOVERNANCE

Centralised
Decentralised
Democracy Anarchy
Autocracy Sociocracy
Hierarchy/Expertise
Egalitarian/Inclusive/

LEGAL CONNECTIONS

Shared legal entity Contracts

COLLABORATION

Chores & routines
Research Activism
Hosting & facilitation
Political engagement
Teaching Gardening
Tending to livestock
Land stewardship
Projects Building

SPIRITUALITY & ETHOS

Service Meditation
Mindfulness Rituals Magic
Shared teachings Silence
Cosmological narratives
Religious observance
Indigenous practices
Study of scriptures
Prayer/chanting

HOSPITALITY

Day guests
Overnight guests
Long-stay guests
Subletting & house swaps
Volunteers Open days
Connection with locals
Public events

The community smörgåsbord

Take a conscious approach to cultivating community by reflecting on which of these 'platters' everyone in your group desires.

Fill it out individually and honestly first before discussing. You might use different colours to indicate if you want a huge helping or just a small scoop.

By consciously agreeing together on what's in and what's out, without sneakily adding items or withholding your real hopes and expectations, you're likely to avoid disappointments and conflicts later. This is about minimising unconscious expectations.

A group is a living system, so allow for the items on your shared plate to change through time.

LABELS

Community
Movement Experiment
Friend group Religion
Organisation Collective
Residency Co-living
Researchers

SEXUALITY

Body positivity
LGBTQ+ friendly
Nudity Play spaces
Kink & fetishes
Sex positivity

DESIRE FOR CONTACT

Daily Weekly Monthly
Whole group time
Communal spaces
Private space
Solo time

FOOD SHARING

PLAY

Games Sports

Physical activity

Body contact Banter

Outings Holidays

Wellness Massage

SUPPORT

Listening Advice

Feedback Confidant

Co-regulation Hugs

Touch Guidance

Practical/helping

hands Rehab

Communal meals
Eating together
Private food Growing food
Care for food quality &
supplier Shared groceries
Bulk food orders
Dietary alignment

CREATIVITY

Visual arts Singing
Music Debate Dance
Storytelling Poetry
Crafting Theatre DIY
Space beautification
Clowning Improv
Comedy

FINANCES

Property Common pot
Budgeting Sponsorship
Shared accounts & payments
Fundraising Investments
Cooperative insurance
Alternative currencies
Debt Mortgages
Loans

COMPANIONSHIP

Peer-learning
Co-working/studying
Hanging out
Intellectual/philosophical
discussion
Sharing vulnerability
Shared interests
Identity groups

SUSTAINABILITY

Care for energy consumption & sourcing Waste management Car/ride shares Eco-products

LOCATION

Face-to-face Online
Shared residence
Outdoors Living room
3rd space (club, cafe etc)
Intergalactic space port
Office Religious centre

LONGEVITY

Lifelong
Pop-up/Timebound
Multigenerational
Iterative cycles
Seasonal