



# Candlelight Story Circle: "Light & Release"

## Facilitation Guide

### Welcome & Grounding (5 minutes)

**Suggested Script:** *"Thank you for being here. This is a calm, confidential space to reflect, release, and connect. Share only what feels comfortable."*

Take a deep breath together.

Set expectations: confidentiality (whatever is shared stays within the group), respect, and optional participation.

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### Introduce the Activity (2 minutes)

Explain symbolism:

- **Lit candle** = something they're carrying.
- **Turning it off** = releasing it.

Participants may also share what they're inviting in (peace, boundaries, rest, connection).

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### Story Circle: Light & Release (20–30 minutes)

Go person-by-person around the circle.

**Prompts:**

- *"What is one thing you're ready to release?"*
- *"What do you hope to welcome next?"*
- *"You may share a word, sentence, or feeling. Passing is welcome."*

After sharing, participant switches off their candle. Pause briefly between each share.

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## Group Reflection (5 minutes)

Reflect on themes (not individuals).

**Prompts:**

- "What feelings came up for you?"
- "What themes or hopes did you notice?"
- "What support can we carry forward together?"

Reinforce: Community care and shared experience.

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## Closing (3 minutes)

**Suggested Script:** "As we close, remember that support exists here and beyond this space. You are not alone. NEDA's tools and resources are available year-round."

Take one final breath together. Invite private conversation afterward if desired.

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