

CheriSharing Patterns: Workshop Design Patterns and Practice Patterns for Sharing Cherished Qualities of a Community

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In this paper, we present CheriSharing Patterns. CheriSharing refers to the process of cherishing and deeply cultivating a deep attachment to the goodness of the communities people belong to, facilitated by sharing in dialogue. To foster such experiences, we have developed CheriSharing Workshop. The CheriSharing Patterns introduced in this paper consist of two types of patterns: CheriSharing Workshop Design Patterns and CheriSharing Practice Patterns. The former category includes 15 patterns, while the latter contains 9 patterns. These patterns are the empirical rules garnered through the development and practice of CheriSharing Workshop.

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1. INTRODUCTION

We belong to various communities such as workplaces, schools, teams, families, and close friends, and among these, we sometimes encounter communities that we find particularly deeply appealing and favorable. Sometimes, a single event moves us deeply, while at other times, accumulating memories gradually lead us to realize a sense of belonging to a particular place. These moments of feeling the goodness of a community and realizing the joy of being here are like being filled with a sense of happiness and a warm feeling.

However, when we think about how and when such experiences occur, it can be said that we rely too much on chance. In other words, “savoring the goodness of community” is not often a conscious process. What is more common is that attention is drawn to problems within the community and measures are sought to improve them. This is important, of course, in the sense that there is an aspiration to inspect and improve the state of one’s community. Nevertheless, we aim to broaden the perspective beyond merely addressing problems, emphasizing the value of savoring and sharing the fabulousness of the community we belong to.

At the core of this concept is the significant experience of the author, Shibata. I joined an a cappella club at university, and the first thing I felt there was the allure of the community. The members of that club were filled with affection, and there were mechanisms and traditions that would make one become captivated by the community, all handed down from generation to generation; this experience made a profound impression on me.

I was not the only one who felt this way. Many past members of the club felt the same, and I began to discuss the club’s greatness with friends who belonged to the same club. Especially when an event occurred that made us feel the goodness intensely, we would report to each other and even have drinking parties to discuss what and how things had been good.

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These times of talking together were not only enjoyable but also allowed us to understand more about why we have a great fondness for this community and what made it great. This understanding led to an even stronger affection and attachment, and also excited feelings when we found new reasons for our affection. Thus, the goodness of the community is not only felt, but by talking about it, we can recall the goodness we felt and experience a sense of happiness.

From these experiences, I began to think, “We want more people to have this experience of talking about the goodness of the community.” We therefore thought that it would be effective to develop and implement workshops in order to reproduce such an experience. Through repeated development and implementation, we developed a workshop that, we believe adequately reproduces this feeling. We named the method of cherishing the community revealed in the developed workshop “CheriSharing,” a term coined to *cherish* the goodness of the community through *sharing* and talking about the goodness of the community. And we named the developed workshop “CheriSharing Workshop.”

In this paper, we describe the essential aspects of designing CheriSharing Workshop and the practice of CheriSharing, which we have understood through development and implementation, in the form of pattern languages. We amalgamate these two types of patterns, referring to them collectively as “CheriSharing Patterns” (Figure 1).

In the following section, we will first provide an overview of the CheriSharing Workshop and the feedback it received, and then present two types of patterns.

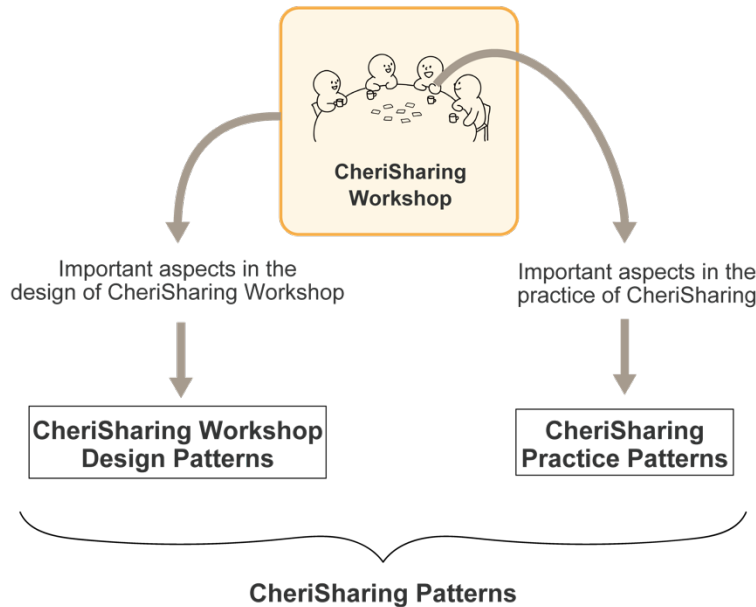


Figure 1. Creating two types of patterns

2. DEVELOPMENT AND IMPLEMENTATION OF THE CHERISHARING WORKSHOP

This pattern language was created based on what we learned through the development and practice of workshops. We started developing the CheriSharing workshop to create an experience of cherishing the community in October 2022. We practiced what we had shaped, reflecting and continuously iterating, sometimes completely rebuilding or improving parts, until November 2023. As of January 29, 2024, we have conducted the workshop for over 300 people a total of 25 times so far.

The latest version of the workshop is conducted in the following steps (Figure 2):

1. Sharing the goodness and favorite aspects: freely discuss the goodness and favorite aspects of the community. (60 min.)

2. Distilling the essence of what you feel and perceive: verbalize three elements that represent the goodness you personally feel. (15 min.)
3. Sharing the distilled elements: share the elements and provide detailed explanations or reasons for why you wrote them. (10 min.)



Figure 2. CheriSharing Workshop process (from left: Step 1, Step 2, Step 3)

The people who actually experienced the CheriSharing have given the following impressions (these comments are quoted, but some community names have been replaced with “the community”):

- Theme: Laboratory
“Throughout, I felt the goodness, the preciousness of being in that place, and the joy which made me appreciate and savor the gratitude of these not being taken for granted, warming my heart. ...It was like realizing, ‘Wow, I actually loved more than I thought!’”
- Theme: Dance Club
“Recently, my priority for the circle was low, and I wasn’t very motivated, but by verbalizing what I liked, I realized again that it was an important place for me. ... As I talked about my love for the community, I became sure that this is the place where I can be most myself!”
- Theme: Family
“This workshop was very beneficial for our family and became a great opportunity to bond and rethink about our relationship. We do not usually say ‘I love you’ or ‘I appreciate you’ in my family, however, while doing this workshop, I could tell them what I love about this family and how grateful I am. After the workshop, my parents were still complimenting each other, which they never do in front of me, and it was great seeing that they love each other very much. This workshop made us realize how special our family is.”
- Theme: EuroPLoP
“In some moments, while sharing, I felt really emotional and this surprised me.”

The CheriSharing Workshop significantly impacts individuals by providing profound emotional experiences and insights. Given this impact, one might wonder what kind of design is incorporated to achieve this effect. In the following section, we introduce the CheriSharing Workshop Design Patterns, which describe the essential aspects of designing a CheriSharing Workshop in the form of pattern languages. This has been refined based on our own experiences and the feedback from participants as we developed and implemented the workshop.

3. CHERISHARING WORKSHOOP DESIGN PATTERNS

CheriSharing Workshop Design Patterns consists of 15 patterns in total, organized into three groups: CREATING SPACES FOR DIALOGUE, TOOLS FOR DIALOGUE ENGAGEMENT and METHODS FOR RETROSPECTION AND DISTILLING.

3.1 Patterns for CREATING SPACES FOR DIALOGUE

3.1.1 Casual Setting

First is the creation of the workshop space. The ambiance of the workshop significantly influences participants’ attitudes towards participation. Various moments contribute to their perception of this ambiance, such as the moment they enter the venue, when they observe the tools used in the workshop,

upon picking them up, and as the facilitator begins speaking. This influence goes beyond merely motivating participants; it shapes their overall engagement in the workshop.

Therefore, it's crucial for participants to experientially recognize that this workshop prioritizes engaging in an enjoyable dialogue over serious debate, fostering an environment where they can relax and immerse themselves in the conversation. This is embodied in the *Casual Setting* pattern (Table 1).

In CheriSharing Workshop, special attention is given to the design of slides explaining workshop procedures and the topic cards, infusing them with the vibrant and warm texture of CheriSharing (Figure 3). Additionally, by providing snacks and drinks and playing relaxing music, an atmosphere reminiscent of café conversations is created (Figure 4). By doing so, participants are encouraged to engage in natural dialogue.

Table 1. Pattern description of *Casual Setting*

| Format | Contents |
|--------------|---|
| Pattern Name | Casual Setting |
| Context | You are preparing for a workshop. |
| Problem | The venue or the ambiance of the workshop might give off a stiff and formal impression, which could hinder the natural flow of conversation. |
| Solution | Encourages participants to feel at ease and engage in conversation more freely, by creating a relaxed speaking environment by playing music similar to what you might hear in a café, providing snacks and drinks, and using tools or slides with vibrant and warm designs. |



Figure 3. Original design topic cards (left), and slides conveying the workshop atmosphere (right)



Figure 4. Snacks and drinks for a relaxed conversation

3.1.2 Dialogue of Goodness

The primary content of this workshop involves engaging in a *Dialogue of Goodness* with members of the community (Table 2). While the CheriSharing Workshop focuses on the goodness of the community, merely listing these qualities does not equate to truly savoring them. Thus, the indispensable process involves articulating one's thoughts and feelings and absorbing what others share.

Dialogue often comes with stories, including specific episodes. These stories hold significant power, capable of moving both the speaker and the listener, while also evoking the speaker's emotions anew. It's common to hear participants say, "I felt a renewed sense of gratitude for the community as I shared."

Furthermore, during these exchanges, participants may be asked to elaborate on the details or reasons behind their sentiments. This can lead to deeper reflection, revealing previously unconsidered aspects of one’s values or life experiences, and often results in new personal insights.

The power of speaking about one’s favorite community is consistently surprising in the reactions it elicits from participants.

Table 2. Pattern description of *Dialogue of Goodness*

| Format | Contents |
|--------------|--|
| Pattern Name | Dialogue of Goodness |
| Context | To cherish a community, it’s essential to recognize the ‘goodness’ it embodies. |
| Problem | Merely listing the positive aspects can turn the activity into a mechanical task or chore, failing to provide a deep, immersive experience of truly feeling and savoring the goodness. |
| Solution | Engage community members in conversations about the virtues of their community, and through this interaction, they can recall and re-experience memories and sensations, deeply savoring the community’s goodness. |

3.1.3 60-Minute Dialogue

When engaging in a *Dialogue of Goodness*, it is important to have a sufficient amount of time allocated. This is where the *60-Minute Dialogue* pattern comes into play (Table 3). If there are only 10 to 20 minutes available, participants tend to share only the surface-level topics that they are already aware of, leading to a conversation that barely scratches the surface.

Announcing a 60-minute time slot for dialogue often results in surprised and somewhat anxious reactions from participants. They might internally question, “Can we really keep the conversation going for an hour?” However, once the dialogue begins, time seems to fly by, and often, participants feel that there’s still much more they wish to discuss. It’s not uncommon for the conversation to seem to settle down after about 30 minutes, only to pick up again and become even more engaging in the second half.

Furthermore, knowing there’s plenty of time allows for some digressions, which can make the dialogue more conversational. This leniency and freedom can lead to unexpected turns and ideas.

Table 3. Pattern description of *60-Minute Dialogue*

| Format | Contents |
|--------------|---|
| Pattern Name | 60-Minute Dialogue |
| Context | You want to deepen the conversation in the dialogue session. |
| Problem | If the dialogue is too short, it may end up being just a superficial exchange of information without truly engaging each other. |
| Solution | Allocate about 60 minutes (or 40 minutes when time is limited) for the dialogue. This duration allows for a relaxed and ample conversation, enabling participants to delve into deeper and more meaningful discussions. |

3.1.4 Four-Person Group

When engaging in a *Dialogue of Goodness*, it is preferable to conduct the sessions in small groups, ideally with *Four-Person Groups* (Table 4). This approach is designed not only for time efficiency but also to lower the barrier to speaking up and encourage a diverse range of dialogue. With larger groups, more reserved individuals tend to hold back from speaking, leading to a situation where only a few participants dominate the conversation.

Therefore, workshops are either held with around four participants or, in the case of larger workshops, participants are divided into groups of three to five people (Figure 5).

Table 4. Pattern description of *Four-Person Group*

| Format | Contents |
|--------------|-------------------|
| Pattern Name | Four-Person Group |

| | |
|----------|--|
| Context | You are considering the number of people for engaging in <i>Dialogue of Goodness</i> . |
| Problem | When there are too many people in a conversation, participants may feel hesitant to speak, restrained, or as if they are in a public setting, making it difficult for them to express themselves freely. |
| Solution | Conducting the dialogue in small groups of 3 to 5 people can lower the barrier to speaking up and ensure that each person's contribution is heard and given due attention. |



Figure 5. In workshops with many participants, dividing into several groups

3.2 Patterns for TOOLS FOR DIALOGUE ENGAGEMENT

3.2.1 Topic Cards for Challenging Moments

When it comes time to engage in dialogue, it can be daunting to know where or how to start thinking about the goodness you're asked to speak up, especially in a formal setting. While some may find it easy to overflow with thoughts about their favorite things, others might not have considered it much or find it challenging to get started without some momentum. Given the variety of circumstances, having some support tools is essential. To assist with this, a set of cards inscribed with topics that can serve as triggers for thinking about goodness has been prepared. These can be used as needed and are described *Topic Cards for Challenging Moments* (Table 5).

Table 5. Pattern description of *Topic Cards for Challenging Moments*

| | |
|--------------|---|
| Format | Contents |
| Pattern Name | Topic Cards for Challenging Moments |
| Context | Participants are trying to engage in a dialogue on the positive aspects of the community. |
| Problem | It can be challenging to start talking about what's good or likable about something when asked on the spot, leading to uncertainty about where to begin. |
| Solution | Prepare cards inscribed with topics that can serve as conversation starters. These are intended to be used as tools to stimulate thought and dialogue whenever participants are stuck for ideas or find themselves at a loss for words. |

3.2.2 Seven Topics

However, it is important to emphasize to participants that the topic cards are meant to be used as a guide when they find it difficult to think of a perspective or topic to discuss. They are not obligated to start conversations with the topics written on the cards nor cover all of them comprehensively. Therefore, the number of topics is limited to about seven cards, encapsulating the *Seven Topics* pattern, to ensure their presence is not too imposing while still offering a diverse range of topics for discussion.

Table 6. Pattern description of *Seven Topics*

| | |
|--------|----------|
| Format | Contents |
|--------|----------|

| | |
|--------------|---|
| Pattern Name | Seven Topics |
| Context | Preparing topic cards for use. |
| Problem | Having too many topics can lead to merely skimming the surface of each without fully developing or delving deeply into any single topic. This can prevent the conversation from reaching a level of appreciation and depth. |
| Solution | Limit the number of topics to about seven. This restriction helps to minimize their dominance, ensuring they don't overly dictate the direction of the conversation. It also positions them as a versatile support tool, providing multiple angles to assist when participants find themselves at a loss for words. |

3.3 Patterns for METHODS FOR RETROSPECTION AND DISTILLING

3.3.1 Articulating by Writing

After engaging in dialogue, various insights and sensations may surface, yet they often remain unclear and not fully grasped. The next step involves writing them down to capture these thoughts and feelings vividly. This process is described in *Articulating by Writing* (Table 7). While engaging in dialogue is enjoyable and can provide a sense of fulfillment, this phase shifts from the mode of speaking to writing, offering a moment for individual reflection and deeper thought. Starting this task from scratch can be challenging, but having previously engaged in dialogue and received stimulation makes it easier than at the beginning of the workshop.

Table 7. Pattern description of *Articulating by Writing*

| Format | Contents |
|--------------|---|
| Pattern Name | Articulating by Writing |
| Context | The dialogue session has concluded. |
| Problem | Merely speaking or listening during the dialogue may lead to scattered thoughts, and important points about the perceived goodness may not be fully grasped. |
| Solution | Taking time to summarize 'the goodness of the community' on a single card allows for a deliberate reflection on what makes the community special, enabling a clearer grasp of one's feelings. |

3.3.2 Individual Reflections Distilled

When engaging in *Articulating by Writing*, it is essential that each participant works on their own *Individual Reflections Distilled*, rather than the group creating a collective summary (Table 8). The focus of CheriSharing Workshop is more on individuals confronting anew the goodness they've felt during the dialogue, rather than synthesizing multiple opinions into one conclusion. Summarizing individually allows participants to freely express their current thoughts and feelings. This means that, without depending on others, everyone is responsible for distilling their reflections independently.

It is emphasized to the participants to delve into their personal perceptions of goodness, reflecting and distilling these insights on their own, rather than compiling a group conclusion.

Table 8. Pattern description of *Individual Reflections Distilled*

| Format | Contents |
|--------------|--|
| Pattern Name | Individual Reflections Distilled |
| Context | Attempting to implement the <i>Articulating by Writing</i> approach. |
| Problem | Trying to create a group consensus as a summary can lead to focusing on finding common ground or merely organizing the key points of the discussion, which can detract from revisiting and deeply appreciating the perceived goodness. |
| Solution | Let each individual write about 'the goodness of this community' they feel, expressing themselves freely without coordinating with others and not being limited to the content discussed during the session. |

3.3.3 In Three Elements

How should one proceed with *Articulating by Writing*? There are various methods one could consider: writing lengthy texts, listing all the goodness one can think of, or summarizing it in a single sentence. However, the key here is to distill the reflection into the format of *In Three Elements* within a short time frame, spotlighting different aspects while deepening the description of each element (Table 9).

This approach is chosen because having too many or too few elements is not ideal. For instance, if allowed to write numerous elements, the objective might shift to producing quantity or ensuring nothing is omitted, which often leads to superficial coverage of each aspect. Conversely, trying to condense the perceived goodness of the community into a single element might result in something unsatisfying or overly complex and cluttered.

Table 9. Pattern description of *In Three Elements*

| Format | Contents |
|--------------|--|
| Pattern Name | In Three Elements |
| Context | Engaging in the <i>Articulating by Writing</i> activity. |
| Problem | If participants are allowed to write about too many elements, the focus might shift to merely listing as many as possible. This can lead to an emphasis on comprehensiveness at the expense of depth, resulting in a superficial engagement with each element. |
| Solution | Limiting the number of elements to three encourages participants to consider multiple aspects while ensuring that each aspect is explored in depth. This constraint fosters a more focused and meaningful reflection on each element. |

3.3.4 Differentiation from the Whole

When writing *In Three Elements*, what should those elements represent? It's not merely about listing three separate aspects. Here, the concept of "Differentiation from the Whole," as proposed by Christopher Alexander in his books *The Timeless Way of Building* and *The Nature of Order* (Alexander, 1979; 2002), becomes crucial.

"Differentiation from the Whole" focuses on understanding what constitutes the "quality without a name" of something. Instead of starting with individual "parts" and combining them to form a "whole," this approach involves envisioning the "whole" first and then considering what essential elements (referred to as "centers" by Alexander) are needed to compose it.

Similarly, in CheriSharing Workshop, the process involves thinking and writing about the three main elements that constitute the overall goodness of the community being felt, executing *Differentiation from the Whole* (Table 10).

Table 10. Pattern description of *Differentiation from the Whole*

| Format | Contents |
|--------------|---|
| Pattern Name | Differentiation from the Whole |
| Context | Attempting to summarize the perceived goodness with <i>In Three Elements</i> . |
| Problem | Merely listing three elements can lead to a bottom-up approach of selecting topics from the discussed content, making it difficult to reconsider what goodness means on a larger scale personally. |
| Solution | Start by visualizing the entire goodness of the community as you feel it, represented by a circle, and within it, identify the key elements that make up this whole. This encourages thinking about goodness from a top-down perspective, maintaining awareness of the overall picture. |

3.3.5 Polished Phrase

When writing about each element, it is encouraged to not just use single words, but to craft a *Polished Phrase*. This should bring together the feelings and insights sparked during the dialogue, painting a fuller picture of their experiences in a sentence.

Table 11. Pattern description of *Polished Phrase*

| Format | Contents |
|--------------|---|
| Pattern Name | Polished Phrase |
| Context | Writing about each of the <i>In Three Elements</i> . |
| Problem | No matter how wonderful the perceived goodness is, if it isn't effectively captured in the description, it becomes challenging to vividly retain that sentiment. |
| Solution | Encourage writing each element not merely as a word or two but as a carefully crafted phrase or sentence, creating a polished phrase that conveys the goodness felt upon reading. |

3.3.6 Atelier Space

Just like with *Casual Setting*, the design of the space is crucial when engaging in *Articulating by Writing*. The aim here is to create an environment that not only encourages participants to put effort into crafting a *Polished Phrase* but also makes the process enjoyable. This concept comes to life in the *Atelier Space*.

As participants begin their work of distilling their sensations, they are handed thick paper similar to postcards, along with colorful pens, and are told they are free to decorate as they see fit. This setup motivates participants to approach their summary cards with the mindset of creating a sort of “artwork” (Figure 6).

Table 12. Pattern description of *Atelier Space*

| Format | Contents |
|--------------|--|
| Pattern Name | Atelier Space |
| Context | Participants are trying to write <i>Polished Phrases</i> for each of the <i>In Three Elements</i> . |
| Problem | Writing with a single-colored pen on plain note paper turns the task into a mundane, dry process, diminishing the intention to craft something thoughtfully. |
| Solution | Create an environment using postcards and colorful pens, allowing for enjoyment in design and decoration, and fostering a sense of crafting one's own ‘artwork’. |



Figure 6. Creating the *Atelier Space* with postcards and colorful pens

3.3.7 Sharing the Distilled Elements

At the end of the workshop, each participant shares the elements they have distilled. It's important not merely to show these elements but to speak about them in detail once more. This is what *Sharing the*

Distilled Elements embodies (Table 13). This phase differs from the initial dialogue as participants will now articulate the key points before sharing, enabling a deeper understanding of the goodness perceived by each, and effectively concluding the workshop. In smaller groups, it might be nice to disband the groups and share with everyone (Figure 7).

Table 13. Pattern description of Sharing the *Distilled Elements*

| Format | Contents |
|--------------|--|
| Pattern Name | Sharing the Distilled Elements |
| Context | Everyone has completed their summary card as an artwork. |
| Problem | Ending the workshop without knowing how fellow members felt about the shared experience can leave a feeling of incompleteness. |
| Solution | Present the contents you've distilled to the group and engage in a further dialogue with what you've written, allowing everyone to collectively experience and savor the goodness each has identified. |



Figure 7. Participants presenting their distilled elements to the entire group

3.3.8 Tangible Keepsakes

Once the workshop is over, the summary cards are given to each participant to take home as *Tangible Keepsakes* (Table 14). This allows participants to revisit what they wrote at any time after the workshop has ended, enabling them to immerse themselves in the goodness they captured.

Table 14. Pattern description of *Tangible Keepsakes*

| Format | Contents |
|--------------|---|
| Pattern Name | Tangible Keepsakes |
| Context | The workshop has concluded. |
| Problem | Collecting and disposing of the completed summary cards would prevent participants from revisiting and reminiscing about the workshop experience later. |
| Solution | Allow participants to take home their summary cards as keepsakes from the day, so they can revisit and reflect on their experiences anytime, even after the workshop has ended. |

3.3.9 Take-Home Wrapping

When taking summary cards home, there's a simple method to significantly enhance their appeal. This involves giving participants a postcard-sized transparent bag to place their summary card in (Figure 8).

By implementing this *Take-Home Wrapping*, a sense of specialness is created, encouraging participants to feel a deeper attachment to their distilled elements (Table 15).

Table 15. Pattern description of *Take-Home Wrapping*

| Format | Contents |
|--------------|--|
| Pattern Name | Take-Home Wrapping |
| Context | The workshop has ended, and participants are about to take their summary cards home. |
| Problem | Even though the participants are taking their cards home, these may not feel special enough to be cherished and preserved. |
| Solution | Providing a transparent bag to carry the summary card enhances its value, fostering a greater sense of attachment to their own creation. |

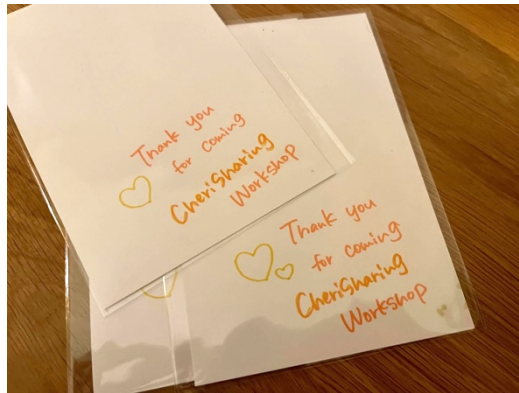


Figure 8. Placing the summary cards into transparent bags

The workshop design, as outlined in the above patterns, is the result of our trial and error. Workshops can be conducted using the explanatory slides and topic cards found in the appendix.

Furthermore, we have documented the design of past versions of the workshop as patterns, allowing for a comprehensive view of the workshop’s evolution. Details can be found in Shibata & Iba (2024), and the appendix of this paper includes a figure that visualizes this evolution.

In this section, we introduced patterns related to the design of the CheriSharing Workshop. In the next section, we will describe what is being done in the CheriSharing from the perspective of practice.

4. CHERISHARING PRACTICE PATTERNS

The CheriSharing Practice Patterns describe what is done in CheriSharing and the practices we aimed to create, articulated as a pattern language of practice.

These patterns emerged from the experiences of development and implementation of the workshop. We initially listed potential patterns from elements crucial to CheriSharing. Next, we placed *CheriSharing* as the core pattern and considered the three groups that comprise it. Following that, rearranged the patterns while applying them to each group. Then, when viewed as a whole, we considered whether it encompassed the entire CheriSharing practice and made adjustments such as adding or replacing patterns as needed.

As a result, we structured it to include one core pattern and three groups, with each group containing three patterns, culminating in a total of 10 patterns.

4.1 CORE

4.1.1 CheriSharing

CheriSharing involves cherishing the goodness of our community through the act of sharing stories about it. While such practices may not often occur due to the lack of necessity in daily routines, those

who engage in them will likely discover them to be joyful and profoundly enriching experience (Table 16).

Table 16. Pattern description of *CheriSharing*

| Format | Contents |
|--------------|---|
| Pattern Name | CheriSharing |
| Context | Living day-to-day within a community. |
| Problem | In the midst of daily activities, there's seldom an opportunity to fully focus on the goodness of the community or to reflect on experiences being there, which could be said to mean you're potentially missing out on the joy and appreciation of being part of it. |
| Solution | Reflect on and share stories about the community's goodness with peers to deeply savor its value. |

CheriSharing starts with REFLECTING ON ONE'S EXPERIENCES within the community, moves forward by DEEPENING THROUGH SHARED DIALOGUE, and culminates in GRASPING AND SAVORING THE PERCEIVED GOODNESS.

4.2 Patterns for REFLECTING ON ONE'S EXPERIENCES

To cherish the community, it is crucial to first engage in REFLECTING ON ONE'S EXPERIENCES. Below, three practical patterns for this reflection are introduced: *Symbolic Episodes*, *Shared Commonalities*, and *One's Presence here*.

4.2.1 Symbolic Episodes

To engage in REFLECTING ON ONE'S EXPERIENCES, it will be good to start by recalling a *Symbolic Episode* where you felt the goodness of the community (Table 17). It can be a single significant event that left a lasting impression or something minor that's felt on daily basis. Recollecting why you were drawn to this community or contemplating the most recent episode where you felt its goodness could be insightful.

For example, consider what stories existed until deciding to join that community, or what event remains the most memorable. As you share episodes where goodness was felt, recalling the circumstances and your emotions at that time brings to light the tangible goodness you've experienced.

In the workshop, this pattern is encouraged through topic cards titled "Trail of encounter," "Memorable experiences," and "Joyful moments."

Table 17. Pattern description of *Symbolic Episodes*

| Format | Contents |
|--------------|---|
| Pattern Name | Symbolic Episodes |
| Context | You are considering the goodness of this community. |
| Problem | Trying to produce a polished answer from the start may lead to explanations in abstract terms, resulting in a lack of genuine feeling. |
| Solution | Reflecting and speaking about episodes where you strongly felt the community's goodness helps to recall and articulate the goodness with genuine sentiment. |

4.2.2 Shared Commonalities

Another approach is to consider *Shared Commonalities* (Table 18). Without worrying too much about whether they're good or bad, start by listing the characteristics, culture, or temperaments that define your group. Discussing these aspects can lead to realizations such as "This could be one goodness" or "I might actually like this point."

This pattern is encouraged in the workshop through topic cards titled "Things you find remarkable" and "Shared values."

Table 18. Pattern description of *Shared Commonalities*

| | |
|--------------|---|
| Format | Contents |
| Pattern Name | Shared Commonalities |
| Context | Considering the goodness of this community. |
| Problem | When attempting to articulate ‘goodness,’ the pressure to highlight only positive aspects can sometimes hinder the flow of genuine insights. |
| Solution | By setting aside initial judgments of good or bad, begin by identifying unique attributes of the community and delve into its goodness through discussion of these characteristics. |

4.2.3 One’s Presence Here

When contemplating the goodness of the community, attention often gravitates towards its surroundings or the community as a whole. However, focusing on *One’s Presence Here* can lead to valuable discoveries (Table 19). Consider what positive experiences have come from being part of this community, how you have changed, why you have come this far, and whether you wish to remain. Take a moment to turn your attention towards yourself.

This pattern is encouraged in the workshop through topic cards titled “Inner transformation” and “Reasons for staying here.”

Table 19. Pattern description of *One’s Presence Here*

| | |
|--------------|--|
| Format | Contents |
| Pattern Name | One’s Presence Here |
| Context | Considering the goodness of this community. |
| Problem | When attempting to think about the community, one is likely to adopt an overarching perspective, inadvertently overlooking oneself as an integral member. |
| Solution | By deliberately focusing on oneself within the community, reflecting on how one has changed or what this place means personally, one can truly recognize the impact the community has had. |

4.3 Patterns for DEEPENING THROUGH SHARED DIALOGUE

Once various topics have emerged from REFLECTING ON ONE’S EXPERIENCES, it’s crucial to then DEEPENING THROUGH SHARED DIALOGUE. Below, three practical patterns for this process of deepening dialogue are introduced: *Memorable Stories*, *Digressive Chat*, and *Deepening Each Other*.

4.3.1 Memorable Stories

A key aspect of CheriSharing is not just to list the community’s goodness but to deeply savor each one. To achieve this, it’s crucial to let *Memorable Stories* flourish, vividly reviving the circumstances of those times (Table 20). This approach enables you to genuinely appreciate the goodness, even if it’s something you already knew, by truly feeling its value.

Table 20. Pattern description of *Memorable Stories*

| | |
|--------------|--|
| Format | Contents |
| Pattern Name | Memorable Stories |
| Context | Reflecting on past experiences, you’ve come up with various aspects of goodness. |
| Problem | Even if you can verbally explain the goodness experienced in the past, it often remains just stored knowledge, with the emotions felt at the time buried deep in memory. |
| Solution | By sharing memorable stories and vividly recalling those moments, you re-experience the emotions of those times. |

4.3.2 Digressive Chat

Additionally, during the dialogue, it's beneficial to embrace some *Digressive Chat*, enjoying tangents and seemingly idle chatter as you go (Table 21). CheriSharing should be thought of more as casual conversation or chit-chat rather than debate or brainstorming.

In actual CheriSharing Workshop, conversations that might initially seem like mere small talk often occur. These discussions might circle back to the main topic after a digression or evolve into conversations that lead to recognizing the community's goodness. Such a relaxed and informal atmosphere not only makes the time spent together purely enjoyable but can also lead to unexpected discoveries.

Table 21. Pattern description of *Digressive Chat*

| Format | Contents |
|--------------|---|
| Pattern Name | Digressive Chat |
| Context | Various experiences and aspects of goodness are coming up, and the conversation is getting lively. |
| Problem | If you restrain yourself from pursuing a sudden curiosity or a recalled memory because it seems off-topic, the dialogue can become constrained. |
| Solution | Don't worry about veering off track or taking detours, but enjoy the time spent in dialogue itself. |

4.3.3 Deepening Each Other

Furthermore, taking advantage of being in a group dialogue, it's essential for members to engage in *Deepening Each Other* (Table 22). Asking questions is one effective method. There are questions that can only be asked because of a close relationship, and there are questions that arise precisely because the individuals do not know each other well.

Table 22. Pattern description of *Deepening Each Other*

| Format | Contents |
|--------------|---|
| Pattern Name | Deepening Each Other |
| Context | Engaging in a dialogue about the goodness you personally feel. |
| Problem | Simply sharing one's experiences and thoughts with each other might only cover the ground you're already conscious of, without further deepening your thoughts. |
| Solution | By posing questions to each other, you encourage thinking that goes deeper into the nuances of your perceptions. |

4.4 Patterns for GRASPING AND SAVORING THE PERCEIVED GOODNESS

Finally, by reflecting again on the dialogue, moving towards GRASPING AND SAVORING THE PERCEIVED GOODNESS, CheriSharing deepens further, becoming an experience that resonates deeply within. Below are three practical patterns for this purpose: *Personal Resonance*, *Savoring Together*, and *Keep Cherishing*.

4.4.1 Personal Resonance

After finishing the dialogue, take time to reflect on the discussion and contemplate what aspects of *Personal Resonance* you find meaningful (Table 23). Use the insights that surfaced during the dialogue as a reference to identify what you genuinely appreciate.

Table 23. Pattern description of *Personal Resonance*

| Format | Contents |
|--------------|---|
| Pattern Name | Personal Resonance |
| Context | During the dialogue, you experienced various aspects of goodness. |

| | |
|----------|---|
| Problem | Simply speaking and listening during the dialogue can leave your thoughts scattered, and the sense of goodness you feel remains unclear. |
| Solution | Reflect on your community life to date, considering the content discussed that day, and determine what aspects of the community resonate with you personally. |

4.4.2 Savoring Together

After individuals have reflected on their *Personal Resonance*, the next step is to share these insights with other members, moving into the phase of *Savoring Together* (Table 24). Discuss what aspects each person highlighted and collectively savor that goodness.

Sharing might reveal unexpected similarities or differences. It could also provide a sense of someone’s personality through their distilled work, or you might find yourself moved by another’s perspective or their way of expressing things. Sharing the goodness each felt with peers further amplifies the joy of being part of the community.

Table 24. Pattern description of *Savoring Together*

| Format | Contents |
|--------------|---|
| Pattern Name | Savoring Together |
| Context | Each person has pondered their <i>Personal Resonance</i> . |
| Problem | It’s not naturally apparent how each participant has felt through the course of CheriSharing. |
| Solution | Share each other’s <i>Personal Resonance</i> , at the end, enjoying the similarities and differences, the uniqueness of individuals, and the eloquence of expression, as you collectively savor the goodness compiled by all. |

4.4.3 Keep Cherishing

After engaging in dialogue and deeply feeling the goodness of the community, it’s crucial to keep those feelings alive and *Keep Cherishing* them (Table 25). It’s about nurturing and growing this beloved community to make it even better moving forward.

Table 25. Pattern description of *Keep Cherishing*

| Format | Contents |
|--------------|---|
| Pattern Name | Keep Cherishing |
| Context | Together with peers, you’ve deeply savored the goodness of this community. |
| Problem | The goodness felt can become unsustainable if it’s merely consumed without contribution, potentially leading to its diminishment. |
| Solution | By cherishing the goodness experienced through CheriSharing, you commit to continuously nurturing the community and its activities as a contributing member, ensuring its ongoing improvement and vitality. |

This concludes the overview of the ten essential patterns vital for practicing CheriSharing.

5. CONCLUSION

This paper has introduced the CheriSharing Patterns, which consists of two types of patterns: CheriSharing Workshop Design Patterns and CheriSharing Practice Patterns. These patterns were developed through the iterative design and practice of the CheriSharing Workshop, aimed at enabling participants to deeply feel and savor the goodness of their communities. This process involved not only the practical application of these workshops but also reflective consideration of the experiences they foster.

Through these patterns, we have articulated the practice of engaging in meaningful dialogue about the goodness of a community and the methodologies to cultivate such enriching experiences. It is our

hope that the CheriSharing approach will be adopted widely, fostering a deeper sense of connection and attachment with the communities.

ACKNOWLEDGEMENTS

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APPENDIX

A.1 Explanation Slides for the CheriSharing Workshop

Figures 9-11 are slides that explain how to conduct the CheriSharing Workshop. By following these slides, facilitators can effectively carry out the workshop.


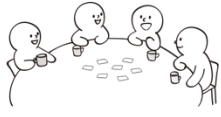


| | |
|---|--|
|  <p>CheriSharing Workshop Sharing Cherished Qualities of a Community</p> | <p>What is “CheriSharing”?</p> <p>“CheriSharing” is a coined term that combines the meanings of “cherish” and “share.”</p> <p>It means to “share” the goodness of a certain theme through conversations and “cherish” it together.</p>  |
| <p>How to conduct the “CheriSharing Workshop”:</p> <ol style="list-style-type: none"> Sharing the goodness and favorite aspects Freely discuss the goodness and favorite aspects of the community. (40-60min.) Distilling the essence of what you feel and perceive Verbalize three elements that represent the goodness you personally feel. (15min.) Sharing the distilled elements Share the elements and provide detailed explanations or reasons for why you wrote them. (10min.) | <p>How to conduct the “CheriSharing Workshop”:</p> <ol style="list-style-type: none"> Sharing the goodness and favorite aspects Freely discuss the goodness and favorite aspects of the community. (40-60min.) Distilling the essence of what you feel and perceive Verbalize three elements that represent the goodness you personally feel. (15min.) Sharing the distilled elements Share the elements and provide detailed explanations or reasons for why you wrote them. (10min.) |
| <p>① Sharing the goodness and favorite aspects</p> <p>Freely discuss the goodness and favorite aspects of the community.</p> <p>If you're not sure where to start, you can look at the Topic Cards on the table and choose a topic that interests you.</p>  | <p>POINTS</p> <ul style="list-style-type: none"> ☑ Don't be dominated by general terms. Focus on what you personally feel is good, even if it seems trivial. ☑ Share concrete episodes or experiences that evoke the emotions you felt. The more specific, the better it helps you recall those emotions and makes it easier for others to understand. ☑ Asking each other questions to deepen your understanding. ☑ Instead of speaking to summarize, enjoy the act of conversing itself! |

Figure 9. Explanation Slides for the CheriSharing Workshop (Part 1)

Let's Talk!



7


How to conduct the "CheriSharing Workshop":

- ① **Sharing the goodness and favorite aspects**
 Freely discuss the goodness and favorite aspects of the community. (40-60min.)
- ② **Distilling the essence of what you feel and perceive**
 Verbalize three elements that represent the goodness you personally feel. (15min.)
- ③ **Sharing the distilled elements**
 Share the elements and provide detailed explanations or reasons for why you wrote them. (10min.)

8


② Distilling the essence of what you feel and perceive

Verbalize three elements that represent the goodness you personally feel about the community.





9

How to Distill



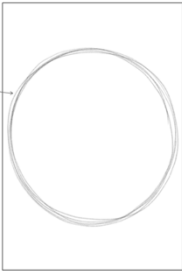

10

Place the card vertically.



11

Draw a circle to visualize the wholeness of the "goodness of the theme that you feel."



12

Think of the **three main elements** that constitute the whole.

13

Write down the three main elements within the whole.

14

Figure 10. Explanation Slides for the CheriSharing Workshop (Part 2)

Write down the three elements while drawing a circle around each of them.

Keep in mind to express each main element as detailed descriptions, by using phrases or sentences instead of single words.

15

The size of each element can be adjusted according to its importance.

16

Write the theme, date and your name in the available space. Feel free to decorate it as you like.

17

POINTS

- Do not summarize the group's conclusion. Focus on your own thoughts about what you think is good and what resonated with you.
- Write each element as a phrase or sentence rather than a single word.

18

What is the goodness of the community for you?
Write down the three main elements that constitute the whole.

Keep in mind to express each main element as detailed descriptions, by using phrases or sentences instead of single words.

The size of each element can be adjusted according to its importance.

The wholeness of the goodness that you feel

19

How to conduct the "CheriSharing Workshop":

- Sharing the goodness and favorite aspects**
Freely discuss the goodness and favorite aspects of the community. (40-60min.)
- Distilling the essence of what you feel and perceive**
Verbalize three elements that represent the goodness you personally feel. (15min.)
- Sharing the distilled elements**
Share the elements and provide detailed explanations or reasons for why you wrote them. (10min.)

20

③ Sharing the distilled elements

Share the elements and provide detailed explanations or reasons for why you wrote them.

If there is any time left, engage in further "CheriSharing" with the articulated distillations which everyone has written.

21

CheriSharing Workshop

Sharing Cherished Qualities of a Community

Figure 11. Explanation Slides for the CheriSharing Workshop (Part 3)

A.2 Topic Cards

Figure 12 shows the topic cards used in the CheriSharing Workshop conducted by the authors. Blank cards may also be used to write and discuss any topics of your choice.



Figure 12. Topic cards used in the CheriSharing Workshop

A.3 Visualizing the Evolution of the CheriSharing Workshop with Patterns

Figure 13 visualizes the development of the CheriSharing Workshop, from its initial concepts to the current refined version, by representing each stage with patterns. This visual approach facilitates a comprehensive understanding of the workshop’s evolution, emphasizing modifications in the patterns over time. For additional details, please see Shibata & Iba (2024).

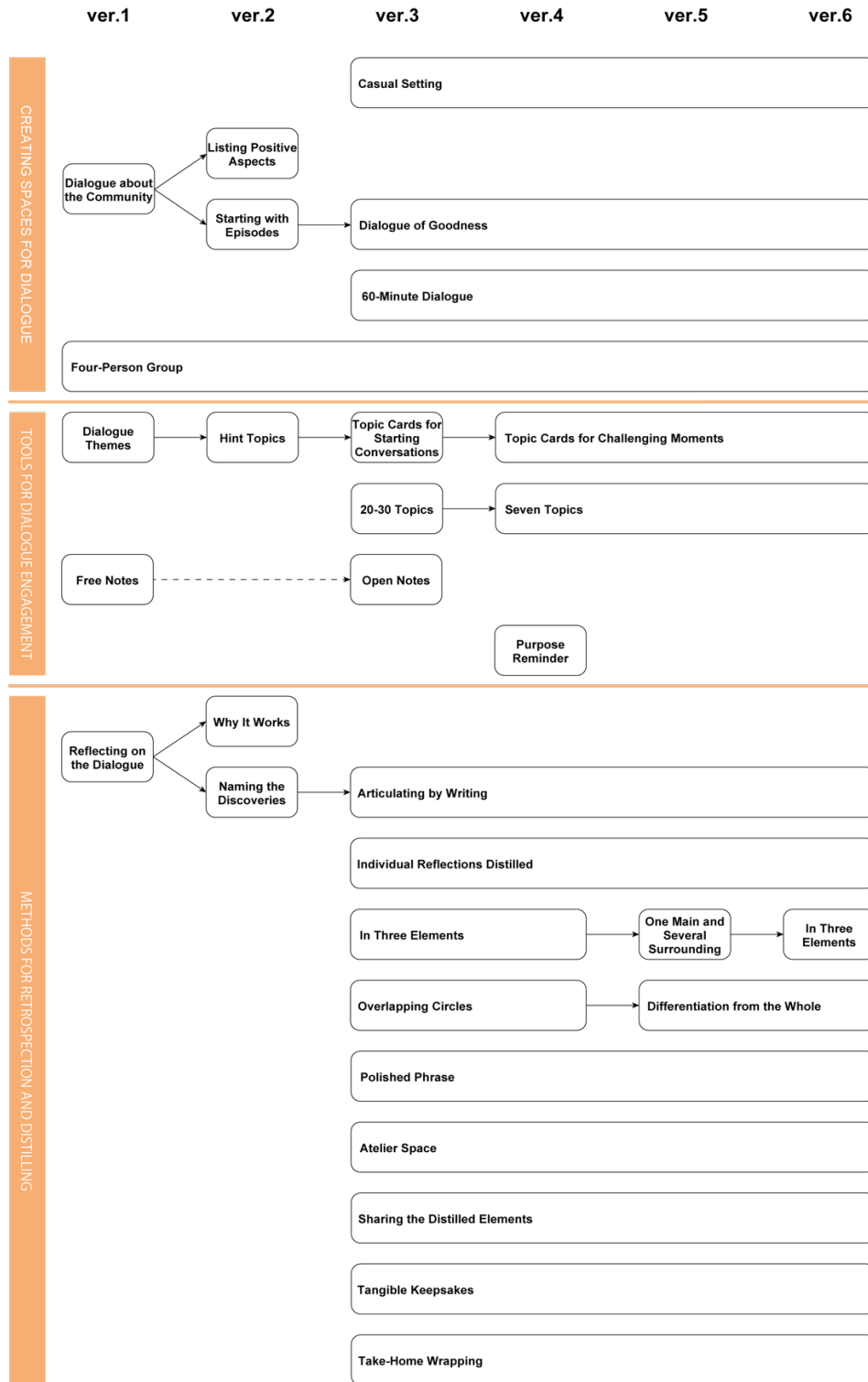


Figure 13. Evolution of the CheriSharing Workshop Design Patterns