

GROUP GUIDELINES

Steps 1 through 3

The Group Guidelines are designed to ensure a safe and productive meeting. Please listen as I share each guideline.

- 1. Keep your sharing focused on your own thoughts, feelings and actions.** Focusing on yourself will benefit your recovery as well as the ones around you. Stick to “I” or “me” statements, not “you” or “we.” This way we are only speaking in terms of our own experience. **Please limit your sharing to 3-5 minutes so that everyone has an opportunity to share.**
- 2. There is NO cross talk. Cross talk is when two people engage in a dialogue during the meeting. Each person is free to express feelings without interruptions.** This includes comments to another member of the group while someone is sharing. Cross talk also includes distractions such as handing the sharer a tissue and/or touching them during their time of sharing. This interrupts feelings. There is healing in tears!
- 3. We are here to support one another, not “fix” each other. This keeps us focused on our own issues.** We do not give advice, or solve someone’s problem in our time of sharing, or offer book referrals or counselor referrals without being asked for help.
- 4. Anonymity and Confidentiality are basic requirements. What’s shared in the group stays in the group.** We are not to share information with our spouses/family/coworkers. This also means not discussing what is shared in the group with group members. This is called gossip and is seriously enforced! One may think it is harmless to discuss what others have shared in the group with co-workers because they may never meet the person. However, this is not fool proof and may come back to hurt someone.
- 5. Offensive language has no place in a Christ-centered recovery group.** Also, please avoid graphic descriptions. This will avoid potential triggers that would cause a person to act out.

Thank you in advance for honoring the guidelines throughout the meeting.