

GROUP GUIDELINES

1. Each Member is allowed to feel and express his or her feelings in his or her own way, without interruption by others.
2. Each Member will have the full attention of the others when sharing.
3. Each Member has an equal right to be heard and to share at his or her own pace, to feel, to trust, and to speak in safety and complete confidentiality, or to remain silent.
4. Each Member is entitled to his or her own belief system, though it may be different from others, without being judged.
5. Each Member will have the opportunity to share, if he or she so desires.
6. Each Member will receive caring, acceptance, and support from the other Members of the group.
7. The group is not here to take away anyone's pain, but rather, to support his or her growth through the pain without rescuing.
8. The group accepts each Member for who he or she is in the present, and not for what he or she does or has done in the past.

GROUP GROUND RULES

1. Be on time and ready to start when scheduled;
2. Participate honestly and be present;
3. Provide feedback (what you saw, heard, or felt);
4. Speak to Members with love, respect, and honesty;
5. When sharing, use "I" statements (When you did ____, I feel ____, because ____);
6. Do not lecture, interrupt, or cross talk;
7. No threats of violence;
8. No eating, drinking or chewing gum;
9. No writing, doodling or note taking;
10. Everything is completely confidential within the group.