

SMALL GROUP GUIDELINES

1. We promise confidentiality to all group members and facilitators. Nothing that is said or done in the group is ever discussed outside of it. This means also protecting the identity of group members. We understand that every attempt will be made to guard anonymity and confidentiality, but that it cannot be absolutely guaranteed in a group setting. We understand that the leaders cannot control the actions of the others in the group and that confidentiality may be broken accidentally and without malice.
2. We are in the group to work on issues pertaining to us, not others. We are to share our own experiences, insights and feelings. The experiences, insights and feelings of the other group members are to be validated and accepted, and we will listen with undivided attention to each person speaking. We must avoid minimizing hurts, explaining them away or ignoring them. We are to be considerate of the need for all to share and must limit our own sharing time.
3. We must refrain from advising, analyzing, preaching and/or attempting to "fix" the other group members.
4. We must refrain from touching, hugging without being asked or asking permission.
5. We agree to attend every session, unless there is a genuine emergency, and we will complete any assigned homework. Workbooks will be checked periodically for completed work.
6. We will avoid discussions on any matters not pertaining to the group program and will avoid discussion of outside issues.
7. We will be sensitive to others and avoid offending any of the group members; if someone offends us, we will work it out directly with that person with the assistance of a leader.
8. If for any reason, we decide to leave the group prematurely, we will discuss the reasons for leaving with the rest of the group.
9. I understand this is a Christ-centered group, which integrates recovery tools with the Bible and prayer, and that all members may have differing religious backgrounds. I realize that the Bible will be discussed and used as the source for recovery.
10. I realize this is not a therapy group. I understand that the leader is qualified by "life experience," and not necessarily by professional training as a therapist. The leader's role in this group is to create an environment where healing can occur, to support my personal work toward recovery, and to share her own experience, strength, and hope.
11. I understand that any lack of adhering to the above stated guidelines will be dealt with by the Leader(s) and/or by the group.

Signed _____ Date _____

Leader _____ Date _____