

GROUP GUIDELINES

1. Confidentiality: What is said in group STAYS in group. We respect privacy.
2. Safety: Observe boundaries and respect others with language and actions. See a facilitator if you have any concerns.
3. Medicine & Doctors: We DO NOT prescribe, diagnose, or give advice. Advice only comes from “professional” care givers. We do not name medications.
4. Participation: You have the right to pass. Participation is voluntary.
5. Unrelated Activities: No cell phones, texting, or food during group. Cell phone must be on vibrate.
6. Listening: Listen to others without interrupting. Raise your hand to respond. One person speaks at a time.
7. “I Statements”: Use “I” statements and share from your own positive experiences, insights, and coping skills.
8. Judgment: We do not judge or criticize each other.
9. Sharing: Our time is limited, and we start and stop on time. We need to give equal opportunity, for sharing as well as feedback, to all group members.
10. Call List: The list is confidential and for use by members only. Participation is voluntary.
11. Accountability: We are responsible for ourselves, our actions, and our wellness.