

# Group Guidelines

Open and close your group time with prayer.

Everything shared within the group .  
MUST be kept confidential. \* You may, of course,  
share your own personal learnings with anyone.

Don't give advice to other members of the group.

Do not criticize members of the group.

Do not defend or rescue members of the group.

When you share, use "I" statements.

Avoid inappropriate laughing and humor.

Allow others to express emotions freely.

Make your group a priority. Your sharing is  
invaluable to your growth and the growth of your  
group.

Come to your group meeting on time, with your  
homework done, ready to participate and share.

Keep your answers brief and to the point so  
everyone has a chance to share.

Listen attentively to the person sharing, without  
disrupting them or talking to someone else. No  
Crosstalk

*\*If you share something which indicates you are endangering yourself or others, your facilitator may confidentially seek guidance from an appropriate professional.*

• For an explanation about each of these guidelines, turn to page I of the Appendix.



meeting one

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