

## **SMALL GROUP GUIDELINES**

- Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
- There is **NO** cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express their feelings without interruptions. (This can also include laughing, commenting, asking questions, and so on).
- We are here to support one another not "fix" on another. (Leaders may choose to have their groups repeat this guideline together out loud)
- Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
- Offensive language has no place in a Christ-centered recovery group.

Thank you in advance for honoring all these guidelines.