

SAFE GROUP GUIDELINES

- 1. REGULAR ATTENDANCE:** Everyone is expected to attend regularly and to let Debbie know if you cannot attend. Debbie's contact info: dhallhnp@cox.net or (858) 243-5632.
- 2. CONFIDENTIALITY:** What is said in the group stays in the group. Nothing that is said or done in the group is to be discussed outside the group without permission of those involved. If it happens, be sure to tell the group.
- 3. RESPECT OTHERS:** We do not advise, analyze, or "fix" others. We don't preach at or to members of the group. Each person is free to find his or her own answers. We do not "interrogate" others. We ask permission to enter. As facilitator Debbie may support you or others when appropriate by exploring issues, asking questions, making suggestions and/or other ways of sharing her experience and wisdom.
- 4. SHARE PERSONALLY:** We are here to work on our own issues, not others. We use "I" statements, we share our own experience, insights, and feelings – meaningful aspects of ourselves. We try not to theorize or philosophize.
- 5. LIMIT SHARING:** We are considerate of the need for all to share, and when necessary, limit our own sharing time to give others a chance to enter in.
- 6. ALLOW FEELINGS:** We do not touch, hug, or interfere in an emotional situation without being asked or asking permission. We avoid minimizing hurts, explaining them away, ignoring them, or rescuing people from their feelings.
- 7. LISTEN:** We avoid cross talk and give each person who shares our undivided attention, without offering unsolicited advice.
- 8. STAY ON SUBJECT:** We avoid debates over controversial topics that are outside issues. We do not shy away from negative or difficult issues that are on topic.
- 9. CONSIDER OTHERS:** We guard against offending one another. If someone offends us, we work it out directly with him/her. We take personal responsibility for our own thoughts, feelings, issues, and recovery.
- 10. RESPECT PHYSICAL AND SEXUAL BOUNDARIES:** We do not make inappropriate sexual comments, jokes or advances. We ask permission before we hug or touch others.
- 11. TAKE RESPONSIBILITY:** We know that we get out of the group what we are willing to put into it. We invest ourselves. We work the issues that are brought up in the group, and we are free to talk about the group process as we experience it. We do not use alcohol or non-prescription drugs directly prior or during group sessions.