

SMALL GROUP PARTICIPANT'S GUIDE

- **Confidentiality:** What is said in this group stays in this group; nothing said or done in the group is ever discussed outside the group without the permission of those involved.
- **Passing:** You don't have to share anything you don't want to share; just say, "I pass."
- **Self Focus:** We are here to help work on ourselves, not others; we use "I" statements. We share our own experiences, insights, and feelings.
- **Respect Others:** We do not advise, analyze, or "fix" others; each of us is free to find out our own answers.
- **Let God Work:** We do not preach to members of this group, showing consideration to those who may not share our particular beliefs.
- **Allow Feelings:** All feelings are OK; we avoid minimizing hurt, explaining away feelings, or ignoring them in ourselves and others.
- **Limit Sharing:** We are considerate of the needs of all to share; we limit our sharing time.
- **Listen:** We avoid side conversations and cross-talk and give each person who shares our undivided attention without offering unsolicited advice.
- **Stay on Subject:** We avoid discussions and debates about controversial topics and outside issues.
- **Cell Phones:** Please remember to turn your cell phone to SILENT at the beginning of the session.