

Discussion Ground Rules

- **CONFIDENTIALITY: What is said in group stays in group.** We give the gift of confidentiality to each other as a critical part of the friendships forged in this place. It is never OK to break the confidentiality of the group. The only exceptions are respecting laws that require reporting child abuse, elder abuse and cases of life-threatening circumstances.
- **BEGINNING AND ENDING ON-TIME: It is important that we start and end on-time,** in order to respect the time and schedule of all participants.
- **ARRIVING LATE/LEAVING EARLY: Feel free to slip in or out in quietly.** Part of creating a safe environment conducive for open, honest discussion is not being distracted. Please exercise courtesy in helping us maintain that environment.
- **DISCUSSION: The person doing the talking is the person doing the growing.** In order to give everyone in the group a fair opportunity to grow, please be considerate in how long you hold the floor. Do speak up! Cross-talk is not just allowed, it is encouraged! But also be willing to listen well to others. In this group, “cross-talking” (responding directly to each other) is not only permitted, it is encouraged.
- **CELL PHONES: Off altogether or, if necessary, on vibrate.** Best to not take a call or text at all, but if you must, please step outside to take it.
- **OTHER:** _____

