

JOURNEY GROUP MEMBER'S AGREEMENT

- 1. Regular Attendance:** I will attend all scheduled teaching lessons and small group sessions. If I cannot attend, I will let one of my leaders know.
- 2. Confidentiality:** I will maintain confidentiality of group member's stories and experiences. What is said in group stays in group. If confidentiality is broken, I will tell the group.
- 3. Respect the Process:** I will not tell people what they need to do, interrogate, preach at, or try to "fix" others in the group. I will respect each group member's process in finding his/her own answers, and will not push into their story when it is unwanted. I will work on the issues that are brought up in group and will talk about the group process as I experience it.
- 4. Respect Others:** I will consider the impact of my words on others and will refrain from abusive language.
- 5. Share Personally:** I am here to work on my own issues, not others. In doing so, I will use "I" statements to share experiences, insights and feelings.
- 6. Limit Sharing:** When necessary I will limit my own sharing to give others a chance to enter in.
- 7. Allow Feelings:** I will not touch, hug, pass Kleenex or interfere in an emotional situation without being asked or asking permission. I will avoid minimizing hurts, explaining them away, ignoring them or rescuing people from their feelings.
- 8. Listen:** I will avoid "side-talk" to give each person my undivided attention.
- 9. Stay on the Subject:** I will avoid debates over controversial topics that are outside the issues. Yet I will not shy away from negative or difficult issues that are on topic.
- 10. Consider Others:** I will guard against offending others. If someone offends me I will work it out directly with him/her. I will take responsibility for my thoughts, feelings, issues and recovery. I will give constructive feedback with grace.
- 11. Take Responsibility:** I will invest and take care of myself physically, getting sufficient rest and taking prescribed medications. I will not use alcohol or illegal drugs during my group experience.
- 12. Accountability:** I will hold my group members to this agreement.

To help make this group a safe place, I agree to follow the guidelines above.

Name

Date