



Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
2. There is NO cross talk please. Cross talk is when two people engage in a dialogue during the meeting. Each person is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” another.
4. 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.
5. Offensive language has no place in a Christ-centered recovery group, including no graphic descriptions.