

SUPPORT GROUP GUIDELINES

In order to provide a safe supportive environment for members of the group, please follow these guidelines.

1. We ask that you maintain the confidentiality of everyone in the room, “what is said here, who is here, stays here.”
2. Please stay away from storytelling and symptom talk and focus instead on your feelings so we can help you move forward in your recovery.
3. When giving each other feedback, please use “I” statements and speak from your own experience.
4. Lastly, no side conversations please and turn off your cell phones.

To be a member of the group, you must commit to consistently attending the group for a 3 month period.

To ensure this please sign the following:

I commit to this group by attending consistently for 3 months.

Name: _____

Date: _____