

Ground Rules For SUPPORT GROUPS

1. **THE COVENANT OF CONFIDENTIALITY** - Whatever is said in the group stays in the group.
2. **ONLY TALK ABOUT THOSE PRESENT** - Sometimes we think others are our problem, but we can only deal with those present when the group meets.
3. **DON'T TAKE UP ANOTHER'S DEFENSE (or offense)** - We need to support and walk with one another through our problems by God's grace and allow others to speak for themselves.
4. **DON'T DOMINATE** - The time spent in small groups is precious, and many come with significant hurts and wounds; be considerate and realize that none of us has all the answers.
5. **DON'T COUNSEL OR GIVE ADVICE** - Only share where you can identify the same difficulty in your own life. Share from your own experience, strength and hope.
6. **NO SPECTATORS** - All members of a small group whenever it meets are to be participants in the process of getting healthy. If you come to help others, but you can't see any problems that you need help with, you need to disqualify yourself from the support group setting.
7. **NO PROFANITY** – Coarse talk has no place in a Christ centered support group.
8. **NO CROSS TALK** – Cross talk excludes people from the conversation.
9. **THE HOLY SPIRIT IS THE LEADER** - The group leader does not have all the answers; he/she is just the facilitator.