



Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
2. There will be no cross talk please. Cross talk is when 2 individuals engage in dialogue, excluding all others. Each person is free to express feelings without interruption.
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!

