

Group Rules

1. While others are talking, please let them finish without interruption.
2. Speak in the “I” form instead of “we,” “they,” or “you.” This helps us take responsibility for our feelings and accept them as being valid.

Examples:

- “I believe...” rather than “They say...”
- “I felt angry that...” rather than “She made me so angry...”
- “I think...” rather than “Don’t you think...”
- “I felt hurt when...” rather than “He hurt my feelings...”

Keep sharing to no more than 3 minutes in order that others in the group will be able to share.

4. Try to share from the heart as honestly as you can. It is ok to cry, laugh, and be angry in the group without condemnation from others.
5. What is shared in the group is to stay in the group and not to be shared with anyone else.
6. When stop signal is given, all conversation must cease.