



Seven Small Group Courtesies

1. Anonymity---What we see here and say here stays here. Everything said in group is confidential.
2. Keep your sharing in the “I” ---as opposed to He, She, or They. Share your own experience, strength, and hope.
3. No Advice Giving---Don’t “should” on others in the group. Share what works and doesn’t work for you.
4. No crosstalk---avoid speaking directly to another group member about their particular situation. Avoid side conversations while someone is speaking.
5. Take what you like and leave the rest. Opinions expressed by others are just that---their opinions.
6. Be respectful of the time of others---Keep your sharing to three (3) minutes.
7. Check Process---It’s OK to say... “I’m not comfortable with what just happened here. Can we talk about it as a group?”