



## Support Group Etiquette

### **Please:**

1. **Arrive on time.** Late arrival disturbs the meeting and is not fair to those who made the effort to be on time.
2. **Please do not come if you are sick.** If you miss a meeting, you can review the materials that were covered by referencing your Personal Guide.
3. **Listen attentively to each person as a sign of respect.** Avoid side conversations.
4. **Do not monopolize the conversation.** Everyone needs the chance to share.
5. **Refrain from bashing the opposite sex.** We need each other.
6. **Do not attack your former spouse's character.** Use good judgment when sharing and, please, no name-calling, even in jest.
7. **Do not attack anyone's character.** Instead of, "I hate that judge," consider, "I hate what happened to me in court."
8. **Do not talk over others,** cut them off, or correct them.
9. **Do not teach, preach, counsel, or give unsolicited advice to members.** If you are an attorney, therapist, spiritual director, or catechist, please do share generic information with the group that may be helpful.
10. **Share your own experience.** Peer support can be valuable and is encouraged.
11. **Offer suggestions** but avoid telling others what they "should" or "need to" do.
12. **Ask questions.** Many of the questions you may have are addressed on the program website. You may remain silent if you do not feel like sharing.
13. **Do not bring handouts** to the meeting unless your facilitator approves this.
14. **Maintain confidentiality.** You never know who you might hurt by talking outside the group.
15. **Please return for the next twelve-week group.** When you make the commitment to be part of a new group, you benefit from new peer support and new insights into the videos that you may have missed the first time. You may also be an encouragement and offer hope to the new group members.