

## Small Group Guidelines

Celebrate Recovery small group guidelines are implemented during each Open Share Group (including Step Studies) and are considered the foundation of ensuring a safe place of sharing. These guidelines are designed to provide a safe and productive meeting for everyone. Please honor these guidelines throughout the time.

We introduce ourselves by first name only.

- 1. We ask that you keep your sharing on your own thoughts and feelings, not that of your spouse's, boyfriend's or your family member's hurts and hang ups.** *Focusing on yourself will benefit your recovery as well as the ones around you. Stick to "I" or "me" statements, not "you" or "we" statements. We limit our sharing to 3 – 5 minutes, so that everyone has an opportunity to share; and to ensure that one person does not dominate this group sharing time.*
- 2. There is no crosstalk, please. Cross talk is when two people engage in conversation excluding all others. Each person is free to express his or her feelings without interruption.** *Cross talk is also making distracting comments or questions while someone is sharing, speaking to another member of the group while someone is sharing or responding to what someone has shared during his or her time of sharing. Additional types of cross talk would be handing a tissue or tissue box while someone is crying during their time of sharing. This interrupts feelings. Remember, there is healing in tears.*
- 3. We are here to support one another not "fix" one another. This keeps us focused on our own issues.** *We do not give advice or solve someone's problem in our time of sharing or offer book referrals or counselor referrals! We are not licensed counselors, psychologists, or therapists, nor are the group members. Celebrate Recovery groups are not designed for this. It is up to the participants to include counseling to their program when they are ready.*
- 4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group! The only exception is when someone threatens to injure themselves or others.** *We are not to share information with our spouse/family/co-workers. This also means not discussing what is shared in the group among group members. This is called gossip. Please be advised, if anyone threatens to hurt themselves or others, the Small Group Leader has the responsibility to report it to Celebrate Recovery Ministry Leader.*
- 5. Offensive language has NO place in a Christ-centered recovery group. This includes no graphic descriptions, details or information that may offend another person. WHAT YOU HEAR HERE AND WHOM YOU SEE HERE STAYS HERE!**  
We are here to celebrate our recovery thru the 12-steps and their Biblical Principles. We ask that you stay focused.

Please feel free to share what your need to share. We can discuss more than one topic. This is a place to dump any hurt, habit, or hang up. This is your meeting. We finish each meeting in prayer.

© Celebrate Recovery®

CR  
IS4  
ME

Celebrate Recovery®