

Guidelines Short Form

1. **CONFIDENTIALITY**

We maintain confidentiality at all times in all areas having to do with the group and its members.

- We do not repeat anything that anyone shares in the group outside of the group.
- We do not identify any member of the group to anyone outside the group.
- We do not talk about anyone or the issues that they have shared in confidentiality during the group at any time outside of the group.

2. **RESPONSIBILITY**

We each take personal responsibility for our own thoughts, feelings, issues and recovery, and speak only from our own personal experiences.

- We do not blame others by allowing their actions or behavior to control the choices that we have made or need to make.
- We do not focus on changing others or circumstances that we can not control, but only focus on changing within ourselves and our circumstances those things necessary for our recovery, well-being and serenity.
- We do not give one another advice, work each other's program or take another's inventory.

3. **ACCEPTANCE**

We offer one another the same unconditional love, acceptance and grace that God has shown to us through Jesus Christ.

- We do not discount, minimize or in any way criticize another person's thoughts, feelings, or experience.
- We do not confront others when their ideas, attitudes or behaviors differ from what we have experienced or our expectations for them.
- We do not judge or try to convict one another of sin or shortcomings because we are all learning, growing and changing together as God's Holy Spirit convicts and gives us wisdom, desire and courage to change.

4. **RESPECT**

We show each other respect and value one another as individually and uniquely created by God, deserving of being heard and understood just as we are.

- We do not interrupt each other as we share or participate.
- We do not sermonize, moralize, spiritualize or tell each other how or when to change.
- We do not monopolize the time and attention of the group (speak more than 3-5 minutes) while sharing our experience, strength and hope, so that all group members may have the opportunity to share.

5. **HONESTY**

We are committed to rigorous honesty as a way of life and a fundamental principle in establishing and maintaining a healthy relationship with God, ourselves and others.

- We do not present ourselves to be something that we are not or expect perfection in ourselves, but fearlessly search out and face our attitudes and behavior while in the process of change and recovery.

- We do not deny, repress or run away from our feelings, but in all of our interactions deal with them moderately and appropriately so that others may know us as we really are.
- We do not hide our true fears, doubts and lack of understanding about the inconsistencies and imperfections of the world that we live in and the circumstances that we experience.

6. **OPENNESS**

We are determined to be open and willing to gain new awareness and insight from the experience of others, and to risk making positive and healthy changes in our attitudes and actions.

- We do not present ourselves as experts on anyone other than ourselves or pretend to have all the answers, knowing that God, in His time, will provide insight and direction.
- We do not feel threatened when others ask questions for clarification in order to understand us better or to help them with their recovery.
- We do not reject what is said or felt as good or bad, right or wrong, but accept each other where we are in the process of change.

7. **ENCOURAGEMENT**

We seek to build up and affirm one another, motivating each other to believe that positive change is possible, encouraging one another to persevere in new directions as God leads, and recognizing our achievements as we overcome and become new creations in Christ.

- We do identify and relate to each other's struggles, experiences and needs by responding to and affirming each other when we share in group.
- We do acknowledge and support the risks that we take and the small steps we make in recovery whenever we share in group.
- We do celebrate and applaud the changes that we are making and the successes that we are experiencing one day at a time as we together recognize the accomplishments that we each bring to our group.