



It is essential that our recovery group be safe. Safety produces the best environment for honesty and fellowship. All group members are responsible for observing these Safety Guidelines, and if they are violated, group members must confront each other in love. If an individual cannot observe the guidelines consistently or after being confronted, he/she will be asked to leave the meeting. The well-being of the entire group is more important than any individual member.

1. It is safe to be honest. We expect all members to tell the truth.
2. It is safe to have feelings. All feelings are acceptable to God and to us.
3. We will allow safe group conversation with no graphic activity descriptions or identify location of places where we engaged in our addictive behavior. We give each other feedback as long as it only reflects our own experience, strength, and hope. Therefore, we begin our feedback with "I," and not with "You." We do not give advice.
4. We do not preach. It is acceptable to share messages of spiritual strength and hope, to quote Scripture, or to make theological statements. We avoid comments that use words like "should," "always," or "never," and expressions such as "God says..." God's will for your life is...or God will be angry if...." We all seek to follow Christ in our own way as we surrender our lives in alignment with God's standard.
5. We do not shame ourselves or others. We do not put down ourselves or anyone else.
6. Focus on yourself, not on others. We do not blame anyone for our sinful behavior. We take total responsibility for our actions.
7. We abide by the principle of group confidentiality. We do not reveal the identity of other group members or any other personal information outside the group, even to our spouses. There is only one exception to this rule. If anyone discloses feelings or actions that indicate he/she is a possible danger to self or to others, including minor children, we will take all necessary action outside of our recovery group to report that danger and to ensure others' safety. Even more specifically, we must and will report to the proper authorities any disclosure of past or current unreported child or elder abuse. We are very clear about these exceptions to confidentiality.
8. Non-compliance: We will not accept excessive absenteeism or drafting because of its impact on the group. Drafting is when we attend the support group without doing the homework assignment. Group members are expected to stay current with their assignments, showing their investment into their own recovery progression. When situations arise that require a group member to be absent, they are to provide their facilitator with the necessary information to validate the absence. They will also post their homework on the communication platform within 24 hours of group.