

Abuse Recovery Network – Meeting Participation Guidelines – Revised 11.6.24

Congratulations! You have made a courageous decision to move forward in your healing journey. You don't have to do this alone. We can walk this path together gaining strength from each other and the LORD. In the spirit of teamwork, guidelines are helpful make the group a safe place for all participants. Your commitment to these guidelines will help us all heal and grow together.

- 1) Confidentiality.** All personal feelings and experiences shared within the group are confidential. Nothing said in the group by or about someone else will be repeated outside the group.
- 2) Feelings are welcome!** You can laugh, cry, feel angry, or sad. There is no shame in expressing how you feel. You can share your feelings if you choose to share them.
- 3) Please do not attempt to “fix” others or give unsolicited advice.** Although it is tempting to try to solve other people's problems, please restrain yourself. The most helpful thing you can do for another is to really hear their heart and express your care and concern.
- 4) Exercise good listening skills.** Don't interrupt or talk over someone else. Wait until you have been called on to begin speaking, unless the meeting leader has opened the floor.
- 5) Keep your comments focused on your own thoughts, feelings, and actions.** This means focusing on what is going on inside you and what you are feeling, not about your spouse or family member's feelings and issues. This will benefit you as well as those who listen. Stick to “I” and “me” statements rather than “you” or “we.”
- 6) Participation is voluntary.** Feel free to say, “I'd like to pass” if you prefer not to read or comment in the meeting.
- 7) Encourage one another.** Please do not shame, criticize or judge others.
- 8) Limit your sharing** when you have the floor to 3 or 4 minutes, so everyone has an opportunity to speak.
- 9) If you disagree** with something shared, please remain respectful and compassionate.
- 10) Do not share graphic details** of memory content or body parts to prevent triggering other members of the group.
- 11) Commit to taking care of yourself.** If you need to take a break it's okay to step out of the meeting. If you need prayer, please feel free to ask for it during the meeting or afterwards. Contact a safe person or present yourself at the nearest emergency room if you need help. You are precious and your life is important.

Zoom Video Guidelines

- 12)** Please keep your video “on” while you are in the meeting. If you need to step away for a few moments, please turn your video camera off until you return.
- 13)** Please do not use Zoom backgrounds, they can be distracting.
- 14)** Please participate in a quiet, private location without children or pets in the room.
- 15)** Do not take pictures of the group screen or record the meeting.
- 16)** Please mute yourself when you are not talking.
- 17)** Use the “raise hand” feature to speak in the group.

Thank you for being willing to adhere to these guidelines. If you have any questions, please contact Kay Tolman at Kay@rgmconnect.com.