

# LIVING *in the* WAKE of ADDICTION



## **Ground Rules for Grief Support Group\***

One of the goals of this grief support group is to create an environment in which the members are able to discuss and explore as wide a range of thoughts and feelings as possible. In committing to achieving our objective, I ask you to consider the following:

- 1) Please do your very best to plan your arrival so we can start on time/end on time.
- 2) Please remember to protect and keep confidential the names, identities, and personal stories of fellow members.
- 3) Members may choose to share or at times remain silent. This is one way group members learn and model for each other.
- 4) Please be aware to take an appropriate fraction of the group's time and attention in order to work actively on the concerns that brought you to the group, and on other concerns that may arise while you are a member. In turn, please respectfully support other members doing the same.
- 5) Remember to put your feelings into words, rather than projecting them onto group members.
- 6) Tears are a normal expression of grief. Groups also enjoy times of joy and laughter.
- 7) Please do respect that you may be in a different place in your grief journey than other members of the group. Individuals respond to loss and change in different ways and at different times.
- 8) Confrontation is discouraged: this is a support group not a therapy group. All persons make their own decisions about what do to with their own personal experiences in the group.
- 9) Cross-talk is discouraged – to clarify: this means while someone is sharing you do not offer comments or feedback while they are speaking.
- 10) Please do not offer advice or feedback unless personally asked. Or after the speaker has ended their conversation you may say, “Would you like any feedback?”

\*Some of the content of these guidelines came from “INFORMATION FOR GROUP CLIENTS” by Robert A. Berley, Ph.D., C.G.P. as well as “Group Rules” from the Edina Coalition for Grief Support.