

Celebrate Recovery®

Small Group Guidelines and their Explanations

To create a consistent and safe experience, groups at Brookwood Celebrate Recovery should read the expanded guidelines as written below in conjunction with the appropriate meeting format at the beginning of each meeting.

Leader: “Before we open the meeting for sharing, I would like to share our Small Group Guidelines. These guidelines are designed to provide a safe and productive meeting for everyone. Please listen carefully and honor these guidelines through the meeting.

We may remind you about these guidelines during your sharing to ensure the consistency and safety of the group, but this is not a judgment about your sharing. It’s simply part of the process.”

1. **Keep your sharing focused on your own thoughts and feelings, using “I” statements to talk about your own actions or thoughts. Limit your sharing to 3 to 5 minutes** so everyone has a chance to contribute.
2. **There is NO cross talk. Each person is free to express his or her feelings without interruption.** Cross talk is anything that interrupts a persons’ sharing such as conversation between others in the group, asking follow up questions, making comments or making “I can (or I can’t) relate to you” statements. Speak only in terms of your own recovery and experience.
3. **We are here to support one another, not “fix” one another.** Advice, book referrals, counselor referrals etc., should only be discussed outside of group time and if a person specifically asks.
4. **Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group.** Violations may result in expulsion from CR. **The only exception is when someone threatens to injure themselves or others** or we are concerned for someone’s safety. Please remember this guideline during interactions at Crosstalk Café, when seeing other participants in public and in your social media posts.
5. **Offensive language has no place in a Christ centered recovery program.** This includes graphic descriptions as they can be painful triggers for others in your group.