



# group agreement

GROUP AGREEMENTS are guidelines that everyone agrees to follow in order to make the group a safe place

## 1. Confidentiality

*Confidentiality is essential. I agree that what is spoken in the group stays in the group during and after the program. This includes not revealing who is in the group.*

## 2. On being Personal

*I agree to be personal, not abstract when sharing needs, attitudes, feelings and issues; intellectual opinions play no part in our discussion, except where they are relevant to our growth.*

## 3. Processing Past Issues

*I agree to process past experiences that I come to recognise as playing a part in the challenges facing me in the here and now.*

## 4. Feelings Matter

*I agree that each person must honestly process his or her feelings. I agree not to reflect condemnation to others for those feelings even though they may be different from my own.*

## 5. Giving and Receiving Feedback

*I agree to give and receive feedback. Participation in the group process is an important part of my healing and my support for others is an important part of theirs.*

## 6. Homework/Reflection

*I agree to daily set time aside to study my notes, reflect and pray over the emerging issues.*

## 7. Taking Personal Responsibility For Life Changes

*I agree to accept personal responsibility for my attitude and actions in the pursuit of growth, change and restoration.*

## 8. 7-Week Commitment

*I agree to make a 7-week commitment to this group.*

**9. No Touch Without Permission**

*I agree that I will not cross physical boundaries, however kindly intended, without asking and /or receiving permission.*

**10. Drug And Alcohol Free**

*I agree to come to the group sober, not under the influence of drugs and alcohol.*

**I understand that should I act in any manner that would significantly prejudice the well-being or progress of any course participants I may be required to cease attending the program. I also understand that the facilitator's are under supervision and have a duty to report any behaviour where a person's property or person is at risk.**

I have read and agree with these conditions.

Signature .....

Name .....

Date .....

*Note: Facilitators are under supervision and may discuss the process and management of the group. Duty of care will be exercised where a person or persons property is at risk of harm.*