

Celebrate Recovery

Celebrate Recovery Group Guidelines

Open Discussion and 12-Step Small Group Meetings

- 1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.**

Focusing on one's own thoughts and feelings will keep sharing short, eliminate cross talk, and keep the person sharing from "wandering" to other people's problems or non-group related topics. Please be strict about the three to five minute rule. It is very frustrating for others in the group to miss an opportunity to share because someone else spoke for ten minutes or more. Come up with a signal, if necessary, and announce it at the start of the group. If anyone goes over his or her time, give the signal to stop so no one feels singled out.

- 2. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.**

Cross talk can also be identified as someone making "I can relate to you because..." or "I can't relate to you because..." comments, laughing, asking questions, and so on. We don't have to be legalistic about it, but we must be very careful not to offend anyone. If this guideline is abused someone may get very hurt and give up on recovery altogether.

- 3. We are here to support one another, not "fix " another.**

We all have wonderful intentions, and want to share the wisdom we have gained from being in this awesome program. Many times, however, a person is not at the proper emotional state to hear or understand. The members of your group are going to look to you to protect them and enforce this guideline. Fixing can be described as offering advice to solve a problem someone has shared, offering a Scripture, offering book referrals, or offering counselor referrals.

- 4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.**

It can be very hurtful to discover that someone's sharing is being discussed outside of the small group time. Most of the people in recovery have never been able to "tell their secret"—they need to be assured that this is the safe place to do it. When making phone calls to members of your group, you must be careful about protecting anonymity when leaving a phone message.

- 5. Offensive language has no place in a Christ-centered recovery group.**

Because many of us grew up hearing and/or using offensive language, this can be a painful trigger to members of our group. If we are growing in recovery and our walk with the Lord, we will never use foul language and will be diligent in enforcing this guideline to protect the members of our group.

Thank you in advance for honoring these guidelines.

Note: The preceding explanation of each guideline is given for your understanding. Only the guidelines themselves are read in the small group.