

# New Heart Healing and Recovery Group

## Group Guidelines

- Participate
  - Share your experience. Engage the discussions.
  - *No passive observers please*
- Use “I Statements”
  - The value of your Healing and Recovery Group experience will be measured in your personal discovery of and response to the truth.
  - Avoid phrases like “you should.”
  - *Please do not preach*
- Support Your Group Member
  - Listen. Make eye contact
  - *Don’t dominate the group time. Support your other group members.*
- Do the Work | Engage the Process of Healing
  - This is not a “support group” in the traditional sense of that term. This is not a “self-help” group. This is not a Bible Study. This is a Healing and Recovery Group.
  - Do the work. Respond to the truth. Make the hard choices.
  - Don’t hide-out. Stop lying to yourself and others