



Discussion Guidelines

TRUST

- Anonymity and confidentiality are fundamental and required.
- What is shared in the group stays in the group.
- The only exception of sharing outside the group is when someone threatens to injure themselves or others.

TELLING YOUR STORY

- Keep your sharing focused only on yourself—your own thoughts, feelings, and actions.
- Do not engage in side conversations while someone else is speaking.
- Each person must feel the safety and freedom to express their story without interruptions.
- Please remember that this group is everyone's time, and we want everyone to have opportunity to share.

RESPECT

- Group members show respect for each other by not using cross-talk.
- Cross-talk is when a person gives feedback to someone after they've finished speaking, without it being requested.

ENCOURAGEMENT

- We are here to support and encourage one another.
- Please avoid judging, labeling, criticizing, ridiculing, fixing, controlling, or being manipulative in any way.
- Find ways to provide positive and uplifting support.

LISTEN

- Practice developing your skill-set of loving others well by listening attentively, refraining from giving advice, learning to be comfortable with silence, and reaching out with empathy and compassion.

SELF ASSESS AND SELF REFLECT

- It's important that we all use this time to consider where we're at on any given subject or issue and what God would have us do.
 - How am I walking this out in my personal life?
 - How does this affect my ability to lead others?
 - What is my part of the issue and/or solution?
 - What changes does God want me to make?

BIBLICAL CONFLICT RESOLUTION

Matthew 18:15-20 gives us a clear method for resolving conflict with other believers. It's important that we all commit to following this example when issues come up between members of this group.