

Program Agreements

Punctuality

I agree to show my respect for other participants by arriving to group on time and returning from break on time.

Confidentiality

I agree to keep whatever comes up in the program and/or group sessions confidential. What's said in group, stays in group. I agree to respect the privacy of other participants including the content of their Journals.

Participation

I agree to fully participate in the program by taking it seriously, paying attention to what's being discussed and taking part in the discussion. I agree to complete all journaling activities as assigned.

No putdowns

I will not put down, make fun of or be disrespectful to any of the other members of this group. I agree to treat them with respect and help them feel safe and welcome in this program.

I-Statements

I agree to speak from the standpoint of my own experiences. I will not presume to speak for others. I will not overwhelm the group with my opinions.

Feedback

We all have blind spots. Without honest feedback, we will never know what is hiding in our blind spots. I agree to give constructive feedback to other participants. I agree to receive feedback with openness and gratitude.

No blame

I am not here to air grievances or complain about how I have been wronged. I am not here to blame my problems on people or institutions. I agree to honestly look at my role in my problems and concentrate on changing myself, not others.

Practice

Nothing we learn in group makes any difference unless we apply it in our life outside of group. I agree to take what I learn in this program and practice it in my daily activities, including reviewing and adding to previously completed journaling assignments.

Participant signature

Date

Facilitator signature

Date