



Depression and Bipolar
Support Alliance

Central Florida
Chapter

BASIC GUIDELINES FOR PEER DISCUSSION GROUPS

- **Share the Air**
Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.
- **One person speaks at a time**
Each person should be allowed to speak free from interruption and side conversations.
- **What is said here stays here**
This is the essential principle of confidentiality, and **MUST** be respected by all.
- **Differences of opinion are OK**
We are **ALL** entitled to our own point of view.
- **We are all equal**
Accept cultural, linguistic, social and racial differences.
- **Use “I” language**
Because we do not participate in discussions groups as credentialed professionals, **NO ONE CAN INSTRUCT.**
- **It’s OK not to share**
People do not have to share if they do not wish to. Much can be gained by just listening.
- **It is everyone’s responsibility to make the discussion groups a safe place to share. Respect confidentiality, treat each other with respect and kindness, and show compassion.**