

GROUP AGREEMENT

Group Goals:

Each group member agrees to:

1. Tell the emotionally significant story of one's life, gradually, over time.
2. Put one's thoughts and feelings within oneself and towards others into words as one becomes aware of them, or explore the reluctance to doing so.

Group Agreement:

1. Confidentiality: everything that members reveal in group stays in group.
2. Social contact among members is discouraged. Should members interact with one another outside of group unintentionally, members will bring such interactions back to the group to process.
3. There is no action in group. Feelings and impulses are put into words rather than action.
4. Group starts and ends on time and members are expected to arrive on time and remain throughout the meeting. Please send a text (identify yourself in the text) to my cell phone if you are running late so I can let the group know.
5. Members announce absences from group (or late arrivals) in advance, whenever possible.
6. Each member will, over time, take up a roughly equal amount of talking time and help others do the same.
7. Members agree to pay their bill at the beginning of the month.
8. Members who need/want contact with me outside of the group meetings may do so by calling, emailing, or texting. When leaving a message, text, or email, please indicate if you would like me to respond or if you are communicating with me for informational purposes only (i.e. you just want me to know, but don't need additional contact).