



# HOPE Agreements



## Here are our group guidelines:

- **Participation:** Participation is encouraged, but please inform us in the chat if you prefer to listen only.
- **Feedback:** Share your opinions with empathy and compassion using "I" statements. For example, "I had an MRI instead of an ultrasound because I had iron overload."
- **Medical Advice:** Feedback is not medical advice. Consult your health provider before trying anything discussed here. Inform us if you are a medical provider.
- **Confidentiality:** Ensure you are in a private space. Use headphones if needed. Do not share details about group members outside the meetings.
- **Cameras:** Turning on your camera helps foster connection and community during our social times. We will be recording education sessions. Please turn camera off if you do not want to be recorded. If you turn your camera on, you are permitting your face to be in the video that we disseminate. Please turn cameras on during the reflection period.
- **Anonymity:** If you wish to remain anonymous, use your first name as your screen name and keep your camera off. Inform a facilitator privately in the chat and share your ALD stage or transplant status.
- **Vaping/Smoking:** No vaping or smoking on camera.



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## Group guidelines continued...

- **Abstinence:** While abstinence is not required to attend, please join meetings sober. If under the influence, do not participate verbally or in chat, except to contact a facilitator for support. Provide your contact info for treatment resources if needed.
- **Politics:** Sober Livers is nonpartisan. Our focus is on our shared experiences with AUD, liver diseases, transplants, and related health issues.
- **Secularity:** Sober Livers is primarily secular but welcomes discussions on spirituality or religion as part of recovery, following our feedback guidelines.
- **Pictures/Recordings:** No pictures or recordings are allowed during meetings.
- **Late Entry:** We close the doors at the end of the main meeting (60 minutes) before the optional “Reflections” time begins. If you need support after this time, please join our Buddy System and contact a Buddy. Sign up here: <https://forms.gle/phTrqzmNw7aEuRbp9>

*We are here to learn from each other, offering compassion, empathy, and kindness. **Take what resonates with you and leave the rest.***