

Guidelines

- Come to every session, come on time, and remain for the entire meeting, pay for all sessions, including absences. In an ongoing group, payment is expected at the beginning of the month.
- Share any issues that may affect your ability to attend or to be emotionally present.
- Keep other member's identity, information and stories confidential.
- Keep what happens in the group in the group. Don't refer to or act on what you hear in session outside of group. Learning can only occur if the environment encourages the free expression of all emotions and ideas, even controversial and unpopular ones. Worries about retribution destroy the desire and opportunity to learn. There will be no social or professional penalties resulting from things expressed in the group.
- Discuss in the group any contact with group members that happens outside of group.
- If online, ensure quiet, well-lit, distraction-free, private space for the session. Check that devices are charged, audio and video are working. Get settled five minutes before group.
- Put into words before acting on:
 - Distractions (Email/Phone, Internet, Noises, interruptions...)
 - Movement/Body Language (stretching, leaning forward/backwards, yawning, fidgeting...)
 - Body sensations (fatigue, change of temperature/clothing, bathroom, eating/drinking, change of breathing, muscle tension...)
 - Other nonverbal communication
- Share when you're not engaged, zoning out, bored, distracted, etc.
- Seek to understand yourself and the other members and put that understanding into words. In group, you're encouraged to say things you don't say anywhere else. This might include comments considered offensive, hurtful, awkward, insensitive, etc. It's especially important when expressing hostility or when another member reports feeling hurt, to seek what the dynamic teaches you about yourself and the other person.
- Take responsibility for ensuring equal talking time over the course of the group.
- Discuss thoughts about leaving group with group before making a decision.

Think about Group before the session starts.

- What happened last week?
- Is there anything unresolved between you and another member?

- Anything you wanted to say but didn't?
- Anything you thought about saying afterward?
- What is on your mind?
- What are you wanting from the Group today?
- Do you feel like you're getting your money's worth from group? What are you working on? What area of your life/personality do you want to improve?

While in session, pay attention to your body.

- Are you sitting where you usually sit?
- Are you comfortable in your chair?
- What is your body telling you?
- Where are you tense?
- Any aches, pains, itches, tingles or vibrations?
- Where do you feel expansive or constricted?
- What is your breathing like?

Look around the room and for each member:

- Is your first instinct in this moment to get closer or farther away?
- What draws you to them?
- What turns you off?
- Who do they remind you of in your life/history?
- If you were to put your feelings into actions what would you want to DO with them (hit, hug, dance, make love...)?

Notice what you avoid talking about.

- Feelings toward peers – Whenever you're saying something about your life outside of group, think about who you most want to share this with and why, and/or who you least want to share it with.
- Present life
- Past events
- Future plans
- Dreams
- Sexual life
- Ideas about the group leader

Take responsibility for your experience.

- If you're wanting something, say it.
- If you're frustrated or disappointed, say it.

Spend some time after group in quiet reflection, to allow yourself to integrate the experience before returning to your usual routine.