



Celebrate Recovery Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings, using “I” and “me” statements. Limit your sharing to three to five minutes.
2. There is no cross-talk. Cross-talk is when two individuals engage in conversations excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another. This keeps us focused on our own issues.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centred recovery group.

Additional Small Group Guidelines for Online Groups. The following guidelines are to be used in all online Open share Groups and Step Studies:

6. All members must use headphones.
7. All members must be on camera and alone in the room.
8. The meetings will not be recorded.