

# Fresh Start Recovery

## Small Group Guidelines

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1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes. If you choose not to share, just say “pass.”
2. There is NO cross talk. Cross talk occurs when two people engage in a dialogue that excludes others. Each person is free to express their feelings without being interrupted.
3. Sharing Scripture and affirmations of encouragement are permissible; however, be sensitive to the amount of time available so that everyone has an opportunity to share.
4. Asking questions of one another is only allowed if done for the purpose of helping you pray more intentionally for someone—not to begin a dialogue. If asked a question, you are never required to answer it. If you’d rather not, just say “pass.”
5. We are not therapists or counselors. As such, our purpose here is to “support” one another by allowing each person to be heard and understood. We won’t try to “fix” one another with our own advice and counsel. We will not make statements like “you should” or “if I were you.”
6. If you wish to respond to something that someone else has said, you can do so during your own sharing time by relating it to your own life experience.
7. Anonymity and confidentiality are basic requirements. What’s shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
8. Offensive language has no place in a Christ-centered recovery group.