



GROUP AGREEMENT

There are a few things that can make a group very safe and enjoyable if we all agree on them from the beginning. Discuss the following agreement in your groups. Can you agree on these boundaries?

1. **REGULAR ATTENDANCE:** I will attend all scheduled teachings and small group sessions. If I cannot attend, for any unforeseen reason, I will let one of my leaders know.
2. **CONFIDENTIALITY:** I will maintain confidentiality of my fellow group member's stories and experiences. What is said in the group stays in the group. If confidentiality is broken, I will tell the group.
3. **EXCEPTION:** In order to provide the highest quality care, your leaders may need to discuss a group dynamic or conflict with his/her supervisor, other Restore Group leaders, or in rare cases a church elder or pastor.
4. **RESPECT THE PROCESS:** I will not interrogate, preach at, tell people what they need to do or try to fix others in the group. I will respect each group member's process in finding his/her own answers and will not push into their story when it is unwanted. I will work on the issues that are brought up in group and will talk about the group process as I experience it.
5. **RESPECT OTHERS:** I will consider the impact of my words on others and will refrain from using abusive or hurtful language.
6. **SHARE PERSONALLY:** I am here to work on my own issues, not others'. In doing so, I will use "I" statements to share experiences, insights and feelings.
7. **LIMIT SHARING:** When necessary I will limit my sharing to give others a chance to enter in.
8. **ALLOW FEELINGS:** I will avoid minimising hurts, explaining them away, ignoring them or rescuing people from their feelings. I will not touch, hug, or interfere in an emotional situation without being asked or asking permission.
9. **LISTEN:** I will avoid "side-talk" and any other distraction which would prevent me from giving each person my undivided attention.
10. **STAY ON THE SUBJECT:** I will avoid debates over controversial topics that are outside the issues. Yet I will not shy away from negative or difficult issues that are on topic.

- 11. CONSIDER OTHERS:** I will guard against offending others. If someone offends me I will work it out directly with him/her. I will take responsibility for my thoughts, feelings and issues. I will give constructive feedback with grace and truth.
- 12. TAKE RESPONSIBILITY:** I will invest in and take care of myself physically, getting sufficient rest and taking prescribed medications. I will not use illegal drugs or consume alcohol before my group.
- 13. ACCOUNTABILITY:** I will help my group members keep this agreement.
- 14. PROCESS:** I understand that there will be times that I will feel worse in the process of working through my struggles and commit to pursuing the process through to the end.
- 15. LEADERSHIP:** If I am directed by either a group leader or onsite supervisor to undertake a reasonable and biblical course of action specifically related to the Restore Group process, then I will do so to the best of my ability. While this kind of direction is rare, I understand that any delay or refusal to act may result in a pause in my involvement in the group process.
- 16. ADDITIONAL HELP:** I understand that I can request extra help from my group leaders throughout the course or the onsite supervisor/church elders at any time during or after the conclusion of the Restore Groups. If I have any issue or concerns with any part of the process, I understand that I am encouraged to take this to my leaders and/or onsite supervisor and/or church elders.
- 17. COMMITMENT:** I understand that by signing this agreement I am committing myself to completing the required reading and reflection for the Restore Group process.

Name:

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Date:

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Sign:

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