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 **LIFE’S GROUP GUIDELINES**

#1. Confidentiality. Everything said here is shared in confidence. What is said here, as well as who you see here, stays here unless someone is threatening to harm themselves or someone else.

#2. Everyone is invited to share but no one must.

#3. Keep your sharing focused on your own thoughts, feelings, and experiences. Limit your sharing to 5 minutes or less within the time constraints of a meeting.

#4. There is to be no cross-talking. Cross-talking is when two people engage in a dialogue during the meeting. We do not want to be a distraction for others seeking help.

#5. Everyone should be able to be open and honest without others interrupting or trying to “fix” them. Sometimes people just need to be heard.

#6. Rude or offensive language has no place in a Christ-centered recovery group, including no graphic descriptions. We can be “real” without the language of the world.

#7. There will be no illegal drugs or weapons brought to LIFE’s functions.

I, the undersigned, understand and agree to comply with these group guidelines:

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