

### **Breaking Free Ground Rules for Recovery Groups**

This is a recovery group and hopefully, this group will provide spiritual, emotional, psychological, and moral support for its members. Each of us is encouraged to participate to whatever extent we feel comfortable. The following ground rules facilitate the development of trust in the Breaking Free groups and enable us to build relationships and share our thoughts and feelings with each other. Breaking Free is a free of charge Christian recovery program!

1. Because confidentiality is essential, we expect that each person will respect and maintain the confidentiality of the group. What is said in the group is not to be repeated or discussed at any other time or place.
2. We are here to share our own feelings and experiences; we try not to give advice.
3. We each share the responsibility for making this group work.
4. We try to accept people, just as they are, and we avoid making judgments.
5. We try to give everyone an opportunity to share.
6. You have the freedom to speak, or the freedom to remain silent.
7. We give supportive attention to the person who is speaking and avoid side distractions.
8. We avoid interrupting, and we raise our hand to speak up after the speaker stops sharing.
9. We have the right to ask questions and the right to refuse to answer.
10. We try to be aware of our own feelings and talk about what is present to us now, rather than what life was like for us in the past.
11. We do not discuss group members who are not present.
12. We begin and end our meetings on time.
13. Breaking Free facilitator holds the right to silence anyone that is not adhering to group rules. After meeting the facilitator will privately give the reason for the decision that was made to the client!

By filling out the case history and signing you are stating that you understand and agree to the Breaking Free group rules!