

## Support Group Etiquette

**PLEASE arrive on time.** Late arrival only disturbs the meeting and is not considerate of others who have made the effort to be on time.

**PLEASE do not come if you are sick!** Stay home and take care of yourself. If you miss a meeting, you can review the five *Survival Points* and three *Take Home Tips* in your “Personal Survival Guide” or make arrangements to view the missed show with your group facilitator.

**PLEASE listen attentively to each person as a sign of respect.** Avoid side conversations.

**PLEASE be sensitive to dominating the conversation.** Monopolizing the meeting over details of your divorce deprives someone else of the much-needed chance to share.

**PLEASE refrain from male or female bashing.** You can cry, whine, complain, get mad and even cuss (appropriately!) all you want!

**PLEASE do not attack your ex-spouse’s character.** Use good judgment when sharing and never call him or her names, even in “jest”.

**Please do not attack anyone’s character.** Instead of “I hate that judge!” consider instead something like “I hate what happened to me in court!”

**PLEASE do not TALK OVER others,** cut them off, or correct anyone.

**PLEASE don’t teach, preach or give advice.** Unless you are an attorney, therapist, spiritual director, or catechist—and you may be—then please go ahead and offer generic information if it’s helpful to the group.

**PLEASE DO share what you feel is wise counsel** from your own experience. Some groups don’t allow peers to give each other advice, but we encourage limited sharing/suggesting in a loving way.

**PLEASE do ask questions.** You have the right to share, to ask, and even to remain silent if you don’t feel like sharing.

**PLEASE do offer suggestions only when appropriate** but avoid the phrases “*You Should*” or “*You Need to*”.

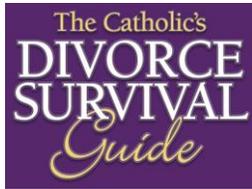
**PLEASE do not bring handouts** to pass to others that your facilitator has not first approved.

**PLEASE do not ask to borrow the DVDs.** Your church may purchase a second set for lending purposes, or you can ask the facilitator if it’s possible to make arrangements for you to view a missed show. You can also purchase your own set on the CDSG website.

**Please keep confidentiality.** You never know who you can hurt by talking outside the group.

**Please COME BACK to subsequent sessions as our guest.** One of the benefits of returning is that you can receive new insights from the DVDs the second time around because you will be in a different place in your recovery. *You can also bless others by bringing hope and encouragement to the new people!*

**Thank you!**



## Confidentiality Agreement

Parish Leader: Please have each participant read and sign this form when they register for the group.

As a participant in the Catholic's DIVORCE SURVIVAL Guide Program I am **encouraged** to:

- ❖ Make every effort to attend each meeting, both as a help for myself and a support for the other group members.
- ❖ Give the group the respect of showing up on time each week.
- ❖ Being a good listener and sharing my experiences and opinions when appropriate.
- ❖ Not shame, condemn, or otherwise attack the character of any group member.
- ❖ Stay in touch with group members where I feel I can get or give support.
- ❖ Not to interfere in the recovery and healing of other group members by dating or developing a romantic relationship with each other during the program.
- ❖ Begin to develop a deeper personal relationship with God and allow His Holy Spirit to work in all areas of my life.
- ❖ Pray individually for the members of the group, leaders and their families.

As a participant I am **required** to:

- ❖ Maintain confidentiality within the group, unless with a professional counselor or priest.
- ❖ Refrain from spouse, ex-spouse, male or female "bashing".

I agree to the terms and conditions *encouraged* and *required* above:

\_\_\_\_\_ Date \_\_\_\_\_  
Name

