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**Group Agreements**

1. Respect, care about, and support each person in the group. The more confidence each feels, the more anxiety diminishes and the more deeply we can work toward our goals.

1. Putting people down closes them up and is counterproductive.

1. Avoid forcing your viewpoint by an overbearing attitude or barrage of arguments.

1. Try to avoid becoming defensive. Realize that you are among friends. View confrontation as an invitation to self-exploration.

1. Fruitful discussion requires Openness to Change.

1. Stick to the point. Do not wander.

1. Speak for yourself. Avoid using "we" when you mean "I". Do not speak for the group without giving others a chance to agree or disagree.

1. You are neither therapist nor judge. Your role is not to set other people straight nor to solve their problems, but to support, help and encourage.

1. Express disagreement as your idea not as absolute truth. Find common ground and areas of agreement before setting forth points of difference.

1. Say it in the group. The things you say to your friends about the group before, after or between meetings are often the very things which should be said in the group. There should be only one conversation at a time going on in the group.

1. Make the meetings. If one person misses a meeting, the dynamics of the group change. And it often happens that the one who was absent cannot be brought up to date because he did not experience what really happened. The group needs to have you present.

1. New Business is a time for items not on the agenda or personal issues. Do not monopolize agenda time with your own personal/medical history.

1. Meetings must be run in a constructive manner in order to achieve our goals. We must follow the agenda and remember that Health Care is our primary focus.