



### Celebrate Recovery Guidelines

**1. Keep your sharing focused on your own thoughts and feelings.**

Not your spouse's, boyfriends, or your family members' hurts and hang-ups, but your own. Focusing on yourself will benefit your recovery as well as the ones around you. Stick to "I" or "me" statements, not "you" or "we" statements. **Limit your sharing to 3-5 minutes**, so that everyone has an opportunity to share; and to ensure that one person does not dominate the group sharing time.

**Goals for "self talk":** To work on ourselves. Share personal needs, feelings, ideas and problems. Allow time for all those who need share.

**Negative Results of "others talk":** Enables us to avoid dealing with our own issues. Makes us participants not observers. Puts a safe (and lonely) distance between ourselves and others.

**2. There is NO cross talk.**

Cross talk is when two people engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions. Cross talk is also making distracting comments or questions while someone is sharing, speaking to another member of the group while someone is sharing or responding to what someone has shared during his or her time of sharing. Additional types of cross talk would be handing a tissue or tissue box while someone is crying during their time of sharing. This interrupts feelings. Remember, there is healing in tears!

**Goals:** To learn to listen respectfully to what others have to share.

**Negative Results of Crosstalk:** Members fear that they won't be able to finish sharing, that their ideas are not valued, or that they won't get a chance to speak.

**3. We are here to support one another, not "fix" one another.**

This keeps us focused on our own issues. We do not give advice or solve someone's problem in our time of sharing or offer book referrals or counselor referrals! We are not licensed counselors, psychologists, or therapists, nor are the group members. Celebrate Recovery groups are not designed for this. It is up to the participants to include outside counseling to their program when they're ready.

**4. Anonymity and confidentiality are basic requirements.** What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others. We are not to share information with our spouses/family/coworkers. This also means not discussing what is shared in the group among group members. This is called gossip. Please be advised, if anyone threatens to hurt themselves or others, the Small Group Leader has the responsibility to report it to Celebrate Recovery Ministry Leader.

**Our Goals:** To be sure Celebrate Recovery is a safe place!

**Negative Results:** Violates trust and safety. Makes members afraid to share risky material.

**5. Offensive language has no place in a Christ-centered recovery group.**

Therefore, we ask that you please watch your language. The main issue here is that the Lord's name is not used inappropriately. We also avoid graphic descriptions. If anyone feels uncomfortable with how explicitly a speaker is sharing regarding his/her behaviors, then you may indicate so by simply raising your hand.