

## ***Ground Rules for Our In-Home Spiritual Study Groups***

**Purpose**: the purpose of the ground rules is to create a safe and healthy environment for the group. It is important for the group to review these ground rules and that there is a consensus before beginning the spiritual groups study.

**Confidentiality**: Everything shared by group members is confidential.

**Compassion**: Group members relate with unconditional acceptance of each other as human beings. Judgmental comments may threaten the group process. We agree to not discuss politics in any way.

**Truth and Integrity**: Group members are encouraged to be authentic and truthful. Speaking the truth involves risk and can only occur safely in a compassionate environment.

**Respect**: Group members show respect for each other and the group by not interrupting others, by arriving on time, and by not monopolizing the group.

**No "cross-talk"**: If a group member is sharing information about a challenge they are having, please do not jump in with advice on how to fix it.

**Conflict**: Whenever people come together and speak truthfully, there can be potential for hurt feelings. If such a situation arises, group members agree to deal with it within the group process or one-on-one with the facilitator. Be careful of unresolved conflict as it is toxic to the whole group and not just to the parties involved.

**Participation**: Every member of the group is encouraged to participate in discussion and group activities.