

My Agreement to My Fellow Group Members

- ❖ I will try to be as honest as possible and to express myself as I really am and how I really feel - just as much as I can.
- ❖ I will listen fully to the sharing of everyone without interruptions.
- ❖ I will contribute to the group process as I know that decisions made by the group need everyone taking part in some way.
- ❖ My commitment to the group includes my regular attendance and participation.
- ❖ I will notify my primary counselor of any planned absences and to make them aware of the reasons for any absences that are not planned.
- ❖ I will abstain from alcohol and other drugs during my entire involvement in the group.
- ❖ I will provide feedback if requested by others and do so by owning it as: "my own point of view is...," instead of me being the expert on another's life.
- ❖ I will participate in group activities and sharing.

**We may not have it altogether,
but together we have it all!**

