

GROUND RULES FOR DISCUSSION GROUPS

At The Third Option

1. Listen and don't interrupt.
2. Don't judge anyone or give advice, just state your experience.
3. Respect those who do not want to talk.
4. We are here to work on ourselves, not on others. We use "I" statements, we share our own experiences, insights and feelings.
5. We do not analyze, advise or fix others.
6. We do not preach to others in The Third Option, understanding that not everyone shares our particular beliefs.
7. All feelings are okay. We avoid minimizing the hurts and feelings in others and ourselves.
8. To allow time for all to share, we are careful not to monopolize discussion times.
9. We are here to discuss the topic of the week. We avoid discussions and debates about controversial topics and outside issues.

KEEP CONFIDENTIALITY! IT IS EXTREMELY IMPORTANT FOR THE ATMOSPHERE OF SAFETY, HEALING AND HONESTY THAT WE ALL HONOR CONFIDENTIALITY.