

Guidelines for Small Group Discussion

Running Light Ministries

- While others are talking, please let them finish without interruption.
- No fixing, we are to listen, support, and be supported by each other in the group, not give advice.
- Speak in the “I,” when sharing; talk about how something made *you* feel.
- Keep sharing to no more than 5 minutes, so others will be able to share.
- Try to share from the heart as honestly as you can. It’s okay to cry, laugh, and be angry without condemnation from others.
- What you say, and what you hear will remain in the group. This is a safe place; we strictly uphold the confidentiality rule.
- No cross talk, or interrupting others while they are sharing.
- Feedback is encouraged; however, feedback is NOT:
 - Advice giving
 - Criticism
 - Problem solving
 - Attempting to pull feelings out of someone
- It is important to give everyone their space, and allow them to process their feelings. When someone is feeling pain or another deep emotion, it’s not appropriate to interrupt by speaking or touching them without their asking. If someone needs to cry, hand them a tissue, but don’t otherwise interrupt.
- As your facilitators, we may occasionally interrupt to remind the group of one of the guidelines. This is to provide boundaries and ensure that the group is a safe and productive place for everyone.