

Group Member Covenant

In order to contribute to a positive group experience for myself and others, I commit to the following:

1. I will care for other group members through seeking to meet intimacy needs:

Attention:	To enter into others' lives through interest, concern, caring and listening. (I Corinthians 12:25)
Acceptance:	To unconditionally receive others with kindness and gentleness. (Romans 15:7)
Appreciation:	To communicate gratefulness and praise for others. (I Corinthians 11:2)
Comfort:	To offer consolation through words, feelings, and touch; to feel "with" and "for" others' deep sadness. (Romans 12:15)
Encouragement:	To express hope and positive anticipation for others' healing journey; to urge and persuade others towards health and wholeness. (I Thessalonians 5:11)
Respect:	To demonstrate honorable consideration and courtesy for others through words and actions. (Romans 12:10)
Security:	To help others feel safe and free from danger. (Mark 9:50)
Support:	To practically assist in helping others with their problems or burdens. (Galatians 6:2)

2. I will maintain confidentiality, meaning that I will not relate to **ANYONE** outside the group what I hear, observe, or sense about other group members. I will feel free to share with others what I am learning and experiencing. I will not talk about another group member without that group member's permission.

3. I will not talk during group meetings about group member who are not present.

4. I will participate in both the giving and receiving of support and care.

5. I will talk only about myself—my thoughts, my feelings—and not those of others.

6. I will accept my group leaders' direction during group sessions, and to express any concerns about what my leader is doing **DIRECTLY** to my leader in *private*.

7. I will seek counseling outside the group time when my problems or concerns require more time and care than the group is equipped to handle.

8. I will listen to and comfort other group members instead of giving advice or attempting to "fix" or solve their problems as **I** see them.

9. I will offer constructive *feedback* and possibilities when requested by other members.

10. I will respect differences in stages of growth, understanding, and healing, and I will refrain from comparing myself to others.

NAME

DATE of Commitment