

DBSA SUPPORT GROUP GUIDELINES

Share the air

Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.

One person speaks at a time

Each person should be allowed to speak without interruption or side conversations.

What is said here stays here

This is the essential principle of confidentiality; it must be respected by everyone.

Differences of opinion are o.k.

We are *all* entitled to our own point of view.

We are all equal

We accept cultural, linguistic, social, racial, and all other differences and we promote their acceptance.

Use “I” language

Because we don't participate in discussion groups as credentialed professionals, we can't *instruct*. We can, however, share from our own personal experiences. For example, instead of saying “you should do X,” say “when I was faced with a similar problem, I . . .” We should always frame our comments in the context of our own experiences.

It's o.k. not to share

People don't have to share if they don't want to.

It's everyone's responsibility to make the discussion groups a safe place to share

We respect confidentiality, treat each other with respect and kindness, and show compassion.

