

Making Peace With Your Past Support Group Covenant

The Healing Place

Cross Timbers Community Church

I agree to make attendance at all thirteen (13) support group sessions a top priority. If I must miss any sessions, I will notify my facilitator and will miss no more than two (2) sessions and will complete my homework. If I miss more than two sessions, the group will decide, with facilitator guidance, whether I can continue to attend group or wait for another semester to begin.

I agree to be on time for each session and to leave the church property immediately after group is dismissed. I recognize that my lateness and/or continued discussions outside of group harm my learning and interfere with group process.

I agree to complete assignments between group sessions so that I can grow and have meaningful interaction with group members during shared times.

I agree that information shared in the group is confidential and is not to be discussed outside of group. This includes telephone, email, and discussions with my spouse and other family members, and continues indefinitely after group.

I agree to do all I can to create an atmosphere of trust within the group.

I agree to support other group members as they struggle with their emotions. When given permission, I will encourage other group members with appropriate feedback using the words "I support you".

I agree to be rigorously, though not brutally, honest with myself and other group members.

I agree to let other group members confront me in love, when appropriate, so that I can grow.

I agree to inform my facilitator of any physical and/or emotional issues that might affect my participation, since some sessions may be emotionally intense.

I agree to abstain from using any drug (including alcohol; excluding prescribed drugs) that alters my ability to feel my feelings. If I am unable to comply, I will discuss this with my facilitator.

I agree to abstain from any sexual involvement outside of marriage, including the use of pornography or other compulsive sexual behaviors.

I agree to dress comfortably and appropriately out of respect for other group members. (Examples of inappropriate attire include tight t-shirts or pants, exposed midriffs, revealing shorts or skirts, low-cut blouses, or sheer materials.)

I agree to refrain from any threatening behavior including sexual misconduct, threats, or harassment. I will treat other group members, my facilitator, and church property with respect and consideration. I understand that one violation will require my immediate removal from the group.

I agree to refrain from contacting group members of the opposite sex outside of group. If another group member makes any type of advance toward me, I will report it to my facilitator immediately and refrain from contact with that individual outside of group.

I, the undersigned, have read and understand requirements through covenant of the Cross Timbers support group. I agree to abide by the above rules and guidelines of the group and understand that if I violate any of these covenants I have made with my group and my facilitator, I will be asked to leave the group.

Signed: _____ Date: _____