

# DBSA SUPPORT GROUP GUIDELINES

*These guidelines are designed for the safety and protection of all participants in the group.*

- **Share the air**

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

- **One person speaks at a time**

Each person should be allowed to speak free from interruption and side conversations.

- **What is said here stays here**

This is the essential principle of confidentiality and MUST be respected by all.

- **Differences of opinion are o.k.**

We are ALL entitled to our own point of view.

- **We are all equal**

Be respectful of person's cultural, linguistic, social, racial, religious, ethnic, age, education, or income, disability status, geographic location, immigrants, gender, lesbian, gay, bisexual, transgender, intersex, and all other differences, and promote their acceptance.

- **Use "I" language**

Because we do not participate in support groups as credentialed professionals, we do not INSTRUCT or ADVISE. We however do share from our own personal experiences. We are unique individuals, and only we know what is best for our own health (along with our doctor's recommendations). Example: "in my experience, I have found..."

- **It's o.k. not to share**

People do not have to share if they do not wish 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.