

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. It **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**

We accept cultural, linguistic, sexual orientation, gender non-conformity, social and racial differences and promote their acceptance.

- **Use “I” language**

Because we do not participate in discussion groups as credentialed professionals, **NO ONE CAN INSTRUCT**. We however can share from our own personal experiences. As an example, we cannot say – “you should to X.” We can say: “when I was faced with a similar problem, I...” Always put things in the context of our own experiences.

- **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.