HOPE TOWARD HEALING- ST. STEPHEN GRIEF MINISTRY

“You Don’t Get Over It, You Learn to Adjust”

GROUND RULES:

Here are important ground rules for these sessions:

1. Confidentiality- whatever is shared withing the group remains confidential. You can share what you learned about yourself outside of this group.
2. Respect: it is important to respect your own grief as well as that of others. Everyone responds in their own way to grief. There is no one right or wrong way to respond to grief.
3. Freedom of Speech: you have the right to speak or remain silent.
4. Feelings are neither right nor wrong, they just are.
5. Each person’s grief is unique and there is no quick fix.
6. Please make every effort not to interrupt when someone else is speaking.
7. Allow each person time to express themselves.

10. When you attend group please be on time.

11. Please avoid giving advice.

12. Accept each other without making judgments.

13. Be respectful, sensitive, supportive, and encouraging to each other.

14. Refrain from using offensive language.

15. Out of respect for all group members, please silence your phones and if you need to use your phone, please step out of the room.

16. Take care when offering physical comfort because some people do not like to be touched.

17. Please speak to group facilitators after a group meeting if you have any questions or concerns.