

Men's Support Group

Group Ground Rules

1. NO PRESSURE

We know that some people are slow to open up in a group. No one at any stage has to talk in the group until he feels ready to do so.

2. RESPECT CONFIDENCES

It is very important to respect people's trust and not to talk outside the group about what you hear in the group.

3. TAKE IT SERIOUSLY

Listen to what each person has to say and never make a flippant comment on that sharing, no matter how trivial it may seem.

4. TAKE IT SLOWLY

Don't become uneasy if there are silences at the beginning.

5. BE TOLERANT OF OTHERS

Each person's experience is unique. Listen without judgement. Feel free to say what works for you, but don't try to convert anyone to your method.

6. ENCOURAGE OTHERS TO SPEAK

Be aware that everyone should be given a chance to speak, allowing for the fact that some are less verbal than others. The leader may intervene to ensure equal opportunity.

7. BE AWARE OF TIME

Keep to the point in discussion. Topics raised outside of the discussion may be dealt with at a later session.

8. BE SENSITIVE

Personal sharing requires courage and often releases tensions and emotions from within the sharer. The support and understanding of the others is vital at such times.

9. OPENNESS

Be open to the prayer of the group for the individual needs that have emerged in the sharings, as summarised by the leader at the end of the session.