

- One. WE WILL KEEP CONFIDENTIALITY - discussions, comments, and deliberations made in group, will stay in group.
- Two. WE WILL listen actively -- respect others while they are talking.
- Three. WE WILL speak from our own experience instead of generalizing ("I" instead of "they"/"you" / – use I statements).
- Four. WE WILL not be afraid to respectfully challenge one another by asking questions, but WE WILL refrain from personal attacks -- focus on ideas.
- Five. WE WILL participate to the fullest of our ability – this is your recovery.
- Six. WE WILL share feelings and experiences, but not advice. (i.e. “When I experienced that, I did XYZ” instead of, “You should do XYZ”).
- Seven. WE WILL avoid interrupting one another and refrain from having side conversations.
- Eight. WE WILL silence all cell phones.
- Nine. WE WILL always be honest.
- Ten. WE WILL be on time.
- Eleven. WE WILL keep drinks in closed containers and WE WILL not eat in group. Small mints and candy are allowed.
- Twelve. WE WILL refrain from discussing politics and WE WILL not force our beliefs on others.
- Thirteen. WE WILL enforce our group rules with one another.