

West Ridge Recovers - Small Group Guidelines

Be Prepared

Do the work of considering your current recovery progress before **OPEN SHARE Groups** and complete all step-work ahead of **STEP STUDY** time.

Speak For Yourself

Use “I” statements when sharing. We are only experts on ourselves so keep your sharing focused on yourself. Need examples?

Respect Others

Be brief in your sharing during **Open Share/Step Study Groups**. Remember, there are time limitations and others may want to share.

No Fixing, Saving, No Setting Other People Straight

Respect people’s journeys and trust the Holy Spirit inside of them to lead them into all truth-in his timing. Resist the temptation to offer quick advice.

Turn To Wonder

If you feel judgmental or defensive when someone else is sharing, ask yourself: *I wonder what brought him/her to this belief? I wonder what he/she is feeling right now? I wonder what my reaction teaches me about myself?*

Trust and Learn from Silence

It is okay to have silence between responses during **Open Share/Step Study Groups** as the group shares, giving members the opportunity to reflect.

Observe Confidentiality

In order to create an environment that is safe for open and honest participation, anything someone shares within the group should not be repeated outside of the group. However, we encourage you to share your own story and personal growth with others, giving Glory to God for what He is doing in your life!