

THIS IS A PARTIAL LIST OF POINTS THAT MIGHT BE MADE BEFORE THE GROUP BEGINS TO SHARE.

The speaker is the world's leading expert on his or her own feelings. Speak for yourself. Say "I think..." "I feel..." instead of "People think... or They feel..."

These times together are for sharing. Sharing feelings is more useful than sharing ideas, opinions, or beliefs.

Freedom and truth do not have absolute value. Put them in a context of sensitive responsibility for the other.

If a problem develops seek to deal with it right away... or if it is too emotional, wait till the feeling level has dropped.

Risk-taking and self-exposure are valuable. But people need to be supported. It is important to stress to the group that what is said or happens will remain in the room.

Seek ways to involve all in the discussion. Don't wait for self appointed leader to give the "answer".

Regarding matters of 'faith' or teaching... It is important to realize that people can only speak for themselves. They should not be asked to give 'official' statements of belief.

Since the groups have begun to feel comfortable with each other, it is important not to invite 'new' members or visitors to come to a session. There will be other groups formed in the future.

Look at the person you are speaking to ... try to listen to what they are trying to say with the words they are using.

Don't be afraid of silence. Give people a chance to think.