



Small Group Values

Take some time to read through these values during your first gathering. Having common expectations about how the group is going to operate together is really important.

- **We listen well:** Be sure to listen while others are speaking. Try to avoid only thinking about what you want to say next; really listen. We should each value one another in the discussion, not just worry about getting to say what we want to say.
- **We show respect:** Hear what people are sharing without trying to fix, advise, or analyze them. We need to be able to trust each other that the group is a safe place—a place where we can get real and know that we will not be judged, gossiped about, and so on.
- **We are learners:** Come with a teachable heart and open attitude to learn and grow. Practice vulnerability to share what you are learning with the group rather than teaching others based on your prior knowledge or experience.
- **We are transparent:** Allow others to get to know you. We should strive to be without secrets so we can help one another grow.
- **We share for ourselves:** Keep your sharing personal by using "I" statements, for example, "I believe" or "in my experience" rather than using "we" or "they."
- **We are accepting:** Practice acceptance with one another. Avoid being shocked if someone shares startling information. Be sensitive to one another. Remember, every one of us is at a different place on the journey of self-discovery and spiritual growth.
- **We maintain confidentiality:** What is said in the group is considered confidential and will not be discussed outside the group without the permission of those involved.