

Suggested Ground Rules for Sessions

- 1. Everything shared in the group is confidential.**
Confidentiality means not sharing or discussing any information learned in the group with anyone other than your partner.
- 2. All sharing with other couples in the group is voluntary.**
There are opportunities for discussion with other couples in the group. *(This is a gradual process that will increase as the level of trust improves.)* Individuals and couples should never feel forced to share with the group.
- 3. When sharing in the group, speak for yourself and not your partner.**
Each person should speak for themselves and not for their partner. One way to remember this idea is to make “I” statements rather than “we” statements. For example, it is acceptable to say “I feel” or “I think” but not “We believe”.
- 4. Before sharing about your couple relationship, first “check it out” with your partner.** Persons should specifically ask their partner before sharing something personal about their relationship.
- 5. The goal of the group is to learn and to have fun together.**
The group experience with other couples is designed for you to learn from each other and to also have fun together. Because much of the information is personal, it will create some positive tension that can facilitate humorous situations. This sharing and learning together can help build a sense of community.

