

GUIDELINES FOR DEVELOPING A POSITIVE ATTITUDE

- 1) The goal of the group is to develop character, integrity, and a positive lifestyle.
- 2) In the group, we recognize that love is listening, and we agree to listen with an open heart, to give mutual support, and to practice nonjudgmental listening and sharing.
- 3) We are here to heal ourselves. We are not here to give advice or to change anyone's beliefs or behavior. Being accepted as we are makes it easier for us to accept others.
- 4) We share from our own experience. By risking and exposing our emotional state, we find common experience that allows for joining.
- 5) We respect each other as unique; we recognize that each person's process is important, not our judgment of it.
- 6) We support each other's inner guidance and assist one another in finding our own best answers.
- 7) The roles of student and teacher are interchangeable. They fluctuate from one to the other regardless of age or experience.
- 8) We practice being present with others, seeing only the light and not the lampshade.
- 9) We agree to keep in mind that we always have a choice between peace and conflict, between love and fear.
- 10) We recognize the confidentiality of what we share in group, honoring that this is important for maintaining the group as a place of safety and trust.