

ETIQUETTE FORM

<p>Please arrive on time. Late arrival disturbs the meeting and is not considerate of others who have made the effort to be on time.</p>	<p>Please do not come if you are sick. Stay home and take care of yourself. If you miss a meeting, you can review the five “Survival Points” and three “Take Home Tips in your Personal Survival Guide.</p>
<p>Please listen attentively to each person as a sign of respect. Avoid side conversations.</p>	<p>Please avoid dominating the conversation. Monopolizing the meeting over details of your divorce deprives someone else of the much-needed chance to share.</p>
<p>Please refrain from male or female bashing. You cry, whine, complain, get mad, all you want!</p>	<p>Please do not attack your ex-spouse’s character. Use good judgment when sharing and never call him or her names, even in jest.</p>
<p>Please do not talk over others, cut them off, or correct anyone.</p>	<p>Please do not attack anyone’s character. Instead of “I hate that judge!” consider instead something like, “I hate what happened to me in court!”</p>
<p>Please don’t teach, preach, or give advice. Unless you are an attorney, therapist, spiritual director, or catechist—and you may be—then please go ahead and offer generic information if it’s helpful to the group.</p>	<p>Please share what you feel is wise counsel from your own experience. Some groups don’t allow peers to give each other advice, but we encourage “limited” sharing/suggesting in a loving way.</p>
<p>Please ask questions. You have the right to share, to ask, and even to remain silent if you don’t feel like sharing.</p>	<p>Please offer suggestions only when appropriate but avoid the phrases “You Should . . .” or “You Need to . . .”</p>
<p>Please do not bring handouts to pass out to others.</p>	<p>Please do not ask to borrow the DVDs. You can purchase your own set on the CDSG website.</p>
<p>Please keep confidentiality. You never know who you can hurt by talking outside the group.</p>	<p>Please come back to subsequent sessions as our guest. One of the benefits of returning is that you can receive new insights from the DVDs the second time around because you will be in a different place in your recovery.</p>

I read and agree with the statements above,

Name

Date