

The CRCR guidelines are:

- 1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to 3-5 minutes.**
- 2. There is NO cross talk please. Cross talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions. This also includes digital chatting.**
- 3. We are here to support one another. We will not attempt to “fix” one another.**
- 4. Anonymity and Confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.**
- 5. Offensive language has no place in a Christ-centered recovery group.**
- 6. All members must use headphones. This will ensure that no one else can overhear what is shared in the group.**
- 7. All members must be on camera. If the group leader asked, they must show the rest of the group that no one else is in the room.**
- 8. The meetings will not be recorded.**