

Support Group Meeting Informal Ground Rules

1. If you do not want to reveal your real name – you don't have to – we can all just refer to each other as just 'mate'.
2. Please NO bad mouthing of your ex-partner / spouse – this will not be tolerated. We all have exes who have probably acted really badly, and we would love to be horrible about them; But this time that we have together, is to talk – it's your time and it's about you – not them.
3. All attendees will have 5 minutes to talk about whatever is bothering them.
4. Please do not interrupt when someone is talking.
5. If we have a new member join us – please can we make them feel welcome.
6. We are here to help each other, and some days our entire session may be taken up by just one person's issues. But that's fine, please don't be upset if you haven't had a chance to talk. There's always next time.
7. Please can we be respectful and courteous to each other – everyone's dignity is paramount.
8. There is no room for anger, resentment or bitterness towards each other – again – we are here to help each other.
9. Allow yourself to be open to self-criticism and respectful challenge. If you take things too personally then you're not going to get a lot out of this.
10. Relax – it will always be alright in the end.

Please can I ask we all observe these informal rules – and let's see how things develop; but I am sure we are all going to benefit from each other's support and advice.

Thank you.

Dads Unlimited

