



## **Fearless Meeting Courtesy**

1. Please silence cell phones. Texting during the meeting is not allowed.
2. If you are still under supervision, it is up to YOU to make sure you are not in violation.
3. What is said here – stays here.
4. This is not the time or place to “preach to the choir.” Sharing should be about yourself and how you are affected – your challenges and successes.
5. We are here to share our OWN thoughts, feelings, and experiences.
6. We try not to discuss or name offenses. Instead, we simply acknowledge that we and/or a loved one are required to register.
7. We try to accept people just as they are, and we avoid making judgments.
8. Please watch the time and keep your sharing to about 5 minutes. However, feel free to share more than once during the meeting.
9. We give supportive attention to the person who is speaking and avoid side conversations and/or interruptions.
10. We avoid giving advice or counseling during the meeting. We use “I” language – not “you” or “we” or “they.”
11. Each of us is encouraged to participate to whatever extent we feel comfortable.
12. We have the right to speak, and the right to remain silent.
13. If a meeting is already in progress, please enter quietly so as not to disturb the group’s concentration, or that of the person who is speaking.
14. We are Family. Family members don’t choose each other. They may not even always like each other! But like any good family, we are all in this together and encourage each other in every way we can.
15. We begin and end our meetings on time.
16. Take what you need, and leave the rest behind