

Men of Integrity Group Safety Guidelines

Adapted from *L.I.F.E. Recovery Group Safety Guidelines*

1. **It is safe to be honest.** We expect all members to tell the truth.
2. **It is safe to have feelings.** All feelings are acceptable to God and to us.
3. **We allow safe group conversation** but please refrain from anything that could be triggering to someone else or place ideas in their mind about specific ways to act out. If a person finds what is being said to be triggering simply raise your hand. We give each other feedback as long as it only reflects our own experience, strength, and hope. Therefore, we begin our feedback with “I,” and not with “You.” We do not give advice.
4. **We do not preach.** It is acceptable to share messages of spiritual strength and hope, to quote Scripture, or to make theological statements. But we avoid comments that use words like “should,” “always,” or “never,” and expressions such as “God says . . .,” “God’s will for your life is . . .,” and, “God will be angry if. . .” We all seek to follow Christ in our own way.
5. **We do not shame ourselves or others. We do not put down ourselves or anyone else.**
6. **We focus on ourselves, not our friends or spouses. We do not blame anyone for our sinful behavior. We take total responsibility for our actions, but no one else’s.**
7. **We abide by the principle of group confidentiality.** We do not reveal the identity of other group members or any other personal information outside the group, even to our close friends, family, or spouses. There is only one exception to this rule. If anyone discloses feelings or actions that indicate he is a possible danger to himself or to others we will take all necessary action outside of our Men of Integrity Group to report that danger and ensure everyone’s safety.