Creating a safe group

Acceptance
I won't be judged.
I will be listened to

Boundaries
If I need to I can set limits,
and it is okay.

A "safe" group is
Emotionally safe to share because of...
confidentiality,
and the people are supportive and considerate

Respect
Acknowledging personal worth,
My worth,
Your worth.

Showing up with a sense of honor
and dignity;
And leaving with it still in tact.

Making group a safe place:
Rules structure the group process so everyone knows “the rules of the road”. Without rules of the road somebody would get hurt. Rules guide us in the job of making the group into a safe place to work on our stuff.

In the center (above) is how we create a safe place. It takes all three:

Boundaries,
Respect,
Acceptance.