Peer Support Group Rules

1. What is said here stays here. Don’t break group member confidentiality and/or those we serve (no identities revealed—use as little identifying information as possible while talking).


3. Be open to feedback.

4. Earn the right to give feedback by listening before talking.

5. Ask permission to give feedback.

6. Avoid giving advice and “fix-it mode”

7. Speak “I” language (speak for yourself).

8. Respect the talker—no cross talk.

9. Be Mindful of your Body Language (sighing, rolling eyes, facial gestures, arms crossed, etc.). Be “open”, not “closed”.

10. Remember, it’s okay to compromise. It’s okay to agree to disagree.

11. Avoid mind reading. When in doubt, check it out.

12. Only talk about group members that are present

13. Stay focused on topic

14. Respect the group by showing up, regularly and on time.