



# Meeting Guidelines

**Your safety and well-being as well as the safety of the group is important to us.**

- Please use respectful language. Words matter - please be mindful of how others can interpret your communication. Try to avoid, *"you should..."* or *"you need to..."*.
- We accept differences and promote acceptance, especially with regard to gender, identity, race, ethnicity, age, or politics.
- Respect confidentiality. No photographs of other group members.
- Avoid making assumptions about other people's experience of BPD. No judgments.
- Show kindness and compassion for others who are struggling. After someone shares, we ALWAYS validate and encourage!
- All are welcome to share, but participation is optional. Before sharing, please consider what hat you want us to wear for you to feel supported:
  - **Listening Spirit:** You share, we listen, validate, encourage, send virtual hugs
  - **Devil's Advocate:** You seek additional perspective. We might ask, *"From a devil's advocate point of view, have you considered?"*
  - **Coach:** This means you would like to hear similar examples or suggestions. We might say, *"I hate that you had to experience that, this XYZ solution helped me previously."* Or we might ask you, *"What would have made you feel better in that moment?"* or *"What did you need in that moment or what do you need now in order to feel supported?"*
- We all made time to be here and we want everyone to be heard, please try your best not to monopolize group time. Try adhering to a no more than 5-minute share. If you need more time, we encourage you to call 800-565-5870 , press option 4 for the vent line, or visit the Join the Collective page and post your thoughts - we will reply to you there.
- Avoid side conversations which can make someone else feel like you are not listening.
- We believe in mantras and affirmations. At the end of each meeting, we would love to hear what mantras or affirmations work for you.
- Avoid explicit expressions of self-harm or trauma, which may be upsetting to others. If at any point, you express concerns about your safety, we will offer you support. If emotions escalate and we are not able to comfort, we will encourage you to reach out of your support system, activate your support plan, consult with your mental health provider, or go to the nearest emergency room.

**If you have a burning question / topic you want discussed, or if you have feedback for making our group meetings better, please consider sending in advance to [presspause4grace@gmail.com](mailto:presspause4grace@gmail.com)**