

Men of Integrity / Rules for sharing

1. We must have complete confidentiality. What is shared in this group stays in this group. This is true even after this group ends.
2. We will avoid cross talk. Cross talk is commenting on what someone else has shared, rather than about one's own life. We ask people to please avoid criticism, advice giving, probing questions, irrelevant questions, or denial of another person's pain.
3. If a group member wants input from the group he may ask for it without violating the rules of the group.
4. Group members should use "I" statements in their sharing. The sharing time is used to talk about themselves, not their spouses, families, or friends.
5. At the beginning of each group, during the "check-in," each group member should keep his sharing to no more than 5 minutes. If time allows, more sharing can be done at the end.
6. You are encouraged to wait to speak until the person speaking is finished
7. Be honest. You should be who you really are not who you think others think you should be. You should speak who you are today at this moment, not who you were in the past or what you will be like in the future.
8. We need to share appropriately. This means that we want to avoid explicit sexual descriptions and sexual language that has the potential to offend or cause group participant to get triggered into a sexual cycle. You should share everything that it kept in the dark but do it in a way that helps others understand your struggle.
9. Be edifying.