

## Surrendering the Secret Pledge

It's important that the group covenant together, agreeing to live out important group values. Once these values are agreed upon, the group will be on its way to experiencing true redemptive community. It's very important that your group discuss these values early in the study.

- ★ PRIORITY: While we are in this group, we will give the group meetings priority and stay with the group until this study is completed.
- ★ All the sessions are integrated, with each session building on the sessions that precede them. Committed attendance is vital to steady progress in the healing journey.
- ★ NOTE: Due to the focus of this group on taking the journey to freedom, group sessions will require a full two hours to complete, so plan accordingly.
- ★ PARTICIPATION AND FAIRNESS: Although we each have a personal journey, we also have responsibility to the group and its members. We commit to participation and interaction in the group. No one dominates. We will be fair to others and tell our own stories briefly.
- ★ HOMEWORK: The homework experiences are integral and vital to the healing process so we will commit to completing assignments each week. The assignments between each session might include: (1) Questions to Take to My Heart; (2) Questions to Take to God; and (3) Journaling or other activities that support our healing journey.
- ★ RESPECT AND OWNERSHIP: Everyone is given the right to his or her own opinions, and all questions are encouraged and respected. We will not judge or condemn as others share their stories. We are each responsible for our own recovery and will not "own" someone else's. Offensive language is not permitted.
- ★ CONFIDENTIALITY: Anything said in our meetings is never repeated outside the meeting without the permission of all group members. This is a closed group, so what's shared in *Surrendering the Secret*, stays in *Surrendering the Secret*. NO EXCEPTIONS! This is vital in creating the environment of trust and openness required to facilitate healing and freedom. Names of attendees will not be shared with others.
- ★ LIFE CHANGE: We will regularly assess our progress and will complete the "Taking It Home" activities to reinforce what we are learning and better integrate those lessons into our personal journeys. We trust that God wants to heal and set us free!
- ★ CARE AND SUPPORT: Permission is given to call each other at any time, especially in crises. The group will provide care for every member. We will contact others in the group when we are despairing and will not consider suicide or make any type of self-destructive plan.
- ★ ACCOUNTABILITY AND INTEGRITY: We agree to let members of our group hold us accountable to commitments we make in whatever loving ways we decide upon. Unsolicited advice giving is not permitted. We will seek out and build a close relationship with accountability partners. During this process, we will not numb feelings by using drugs or alcohol.
- ★ EXPECTATIONS OF FACILITATORS: This meeting is not professional therapy. We are not licensed therapists. Group facilitators are volunteers whose only desire is to encourage people in finding freedom and hope.

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I agree to all of the above

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Date