

GUIDELINES FOR CLASS MEMBERS

- 1. ATTENDANCE - It is necessary for you to attend the entire class, arriving on time and staying for the entire two hour class period.** *This recovery class is like climbing a set of stairs, one step at a time. Missing a step makes it more difficult to conquer the next step. Also, regular attendance is necessary to maintain the safety and continuity of the group.*
- 2. CONFIDENTIALITY - What is said in the group remains in the group.** *Another person's personal information shared in the group, is not to be shared with non class members, including family, friends or professionals. Failure to comply with this guideline, means that you have chosen to remove yourself from the class.*
- 3. COMMENTS IN CLASS - Judging, criticizing or evaluating anyone in the class, beside yourself, is prohibited.** *We are participating in this class for the purpose of personal recovery. No class member has the right to judge, evaluate or criticize another who is either in the class or not a class participant. As a participant in the class, I am to look at my own issues alone, and my relationship to them.*
- 4. RESPONSIBILITY - There is only one person responsible for my recovery - ME.** *There is only one person responsible for my behaviors - ME. I do not have the right to make anyone in the group, including the facilitator, responsible for the changes I need to make. I do not have the right to make anyone OUTSIDE the group responsible for the changes which I need to make in my thoughts, feelings, attitudes or behaviors.*
- 5. RELIGION - This is not a doctrinal Bible study.** *No discussion of particular doctrine will be allowed! This is a class whose purpose it is to foster emotional and/or spiritual health, not religious doctrine.*
- 6. FINANCES - Each participant pays their own syllabus and class fee.** *Each member purchases their own syllabus at registration and pays the fee for each class just before class begins, unless prior arrangements are made with the facilitator in a private discussion. This keeps everyone honest and accountable.*
- 7. SIGN IN - Each class member must sign in prior to class.** *Please sign your name beside your printed name prior to each class period. This assist the facilitator to keep accurate record of attendance.*
- 8. SYLLABUS - How it works:** *The way to get the most benefit out of this syllabus is to follow these steps:*
 - 1. Watch the introduction to the lesson by the Rockeys on DVD. This gives you the background material you need for the week's lesson.*
 - 2. It is recommended that you read the chapter before starting on the lesson. This material expands on the video introduction. It will help reinforce what you watched. The preferred method is to read out-loud, going around the circle so that everyone participates.*
 - 3. Answer the questions in your workbook.*
 - 4. Discuss your answers with your group.*

If you are meeting with a class, the facilitator will distribute the syllabus materials for the current week's lesson at the beginning of the session; it will be given to each member to place in his or her 3- ring binder. Class work for the current session will incorporate homework from the previous class, as well as the materials handed out that week. Make sure your syllabus accompanies you to each class!

If you are meeting on your computer with a "virtual" group or are working by yourself with a small group, you may have all the chapters in your possession from the very beginning. We encourage you to NOT read ahead. Each chapter builds on the work in the previous one. You will receive the most benefit if you complete the chapters in order.

Signature

Date

This document should remain in students workbook.