

22, GUIDELINES AND SUGGESTIONS FOR GROUP MEMBERS

1. HAVE A FOCUS . Commit yourself to getting something from this group by focusing on what you hope to accomplish.
 - review specific issues you want to explore
 - specific changes you want to make
 - what are you willing to do to make these changes
2. BE FLEXIBLE . Although you know what you would like to explore, don't be so committed to your agenda that you cannot work with what comes up spontaneously in group.
3. DON'T WAIT TO WORK . The longer you wait to actively involve yourself, the harder it will become.
4. BE "GREEDY" . If you constantly wait until it's your "turn" or try to monitor how much of the group's time should be allotted to you, you inhibit the spontaneity and enthusiasm that can make a group exciting and productive. If each of you takes responsibility for pursuing your own work, everyone should have enough opportunity to take the spotlight.
5. PAY ATTENTION TO FEELINGS . Intellectual discussions are great, but it is not as hard to find a place for them as it is to find a place in which to talk about your feelings and convictions. If you do nothing but expound your theories and opinions, you will not explore your life on an emotional level.
6. EXPRESS YOURSELF . A group is an ideal place to find out what would happen if we expressed what we felt; this can be a powerful and positive experience.
7. BE AN ACTIVE PARTICIPANT . You will help yourself most if you take an active role in group.
8. STICK WITH ONE FEELING AT A TIME . You will have much more opportunity to learn new behavior if you immediately express yourself rather than constantly trying to put things into perspective.

9. AVOID ADVISING, INTERPRETING, QUESTIONING . As you listen to others in group, you will often be tempted to give offer advice. Doing so can occasionally be fine, but people can easily be inundated by well-meant advice. They are likely to withdraw, and you are likely to forget that you are in group to "express" yourself. Questions can be asked in ways that open people up rather than closing them down.
10. DON'T "BAND-AID" . If you rush in to be helpful or supportive or comforting to someone who is expressing something painful, you are not respecting their ability and desire to fully express what they want to say. People grow from living through their pain; let them do it.
11. GIVE FEEDBACK . When people express something that touches you, let them know by emphasizing your own feelings and reactions whether positive or negative.
12. BE OPEN TO FEEDBACK . When others give you feedback about their reactions to your work, remember that, like you, they are there to try out new ways of expressing themselves directly. The most constructive approach usually is to listen and to think the feedback over until you get a grasp on what parts of it fit.
13. DECIDE FOR YOURSELF HOW MUCH TO DISCLOSE . To find out about yourself you need to take some risks with saying more than you are comfortable saying. However, pushing yourself and participating in a context that puts you under some pressure should be distinguished from disclosing things about yourself simply because others seem to expect or need it.
14. TAKE RESPONSIBILITY FOR WHAT YOU ACCOMPLISH . The leaders and members of your group will no doubt be interested in drawing you out, but remember that in the last analysis what you accomplish in the group is going to be up to you.

[These are some of the helpful guidelines discussed in "Group Techniques".]