

23. GROUP NORMS

1. Members are expected to attend regularly and show up on time. When they attend sessions only sporadically, the entire group suffers. Members who regularly attend will resent the lack of commitment of those who miss sessions.
2. Members are encouraged to be personal and share meaningful aspects of themselves, communicating directly with others in the group and, in general, becoming active participants.
3. Members are expected to give feedback to one another. They can evaluate the effects of their behavior on others only if the others are willing to say how they have been affected. It is important for members not to withhold their perceptions and reactions but, rather, to let others know what they perceive.
4. Members should focus on feelings and express them rather than talking about problems in a detached and intellectual manner.
5. Members are encouraged to focus on the here-and-now interactions within the group.
6. Members are expected to bring into group personal problems and concerns that they are willing to discuss. They can be expected to spend some time before the sessions thinking about the matters they want to work on.
7. Members are encouraged to provide support rather than distracting members from self-exploration.
8. Members are expected to challenge one another in a direct and caring manner.
9. Problem-solving strategies can be extremely useful to group members. However, it is important that group members be given an opportunity to explore their concerns before suggesting possible solutions.
10. Group members are encouraged to really hear what others are saying to them and to seriously consider these messages-- particularly ones that are consistently repeated.