

THE SMALL GROUP

Crucial Ingredients

1. We accept one another as *we are*.
2. We share our struggles and successes, joys and pains.
3. We are honest. We set free the “*real me*” hidden behind the masks we accumulate.
4. We listen with every ounce of energy we have whenever someone else is speaking.
5. We never criticize or condemn what others share.
6. We never give advice.
7. We gather to care, not to cure. *God does the curing.*
8. We share in our own words. We share experiences from our own lives, not abstract ideas.
9. We trust one another completely. Everything we share is always *confidential*.
10. We are free to remain silent, if we wish.
11. We keep the discussion informal and natural, avoiding impersonal subjects.