

# Getting the Most Out of Group... for everyone!

Groups offer an opportunity to “act as if” by “practicing” recovery skills like communicating and connecting with other people in recovery. The skills learned in group can then be practiced outside of the group.

That is called Recovery!



## A Helpful Group Member

1. Is helpful and supportive to others in group.
2. Is an active participant.
3. Takes turns sharing personal feelings and experiences.
4. Listens to the feelings and experiences of others.
5. Asks questions and offers helpful suggestions to others.
6. Works cooperatively in a group setting and take risks during the process.
7. Shares in the responsibility for making the group work.
8. Follows group guidelines designed to help everyone get the most out of group and supports other group members in doing the same.