

## **MARITAL CARE GROUP GUIDELINES**

**Encourage a spiritual atmosphere.**

Invite God's Spirit to be present. Pray often for one another.

**Focus on your own relationship.**

Avoid topics or discussion that detract from this.

**Share your own experience.**

Avoid interrupting, analyzing, confronting, giving opinions or prescribing solutions for other couples.

**Speak for yourself.**

Do not assume you know how the other person feels.

**Share voluntarily.**

No one should feel pressured to share. Silence is respected.

**Respect your sacred circle.**

Avoid sharing aspects of your relationship with others that would make your spouse uncomfortable.

**Maintain confidences.**

Confidentiality is essential to preservation of group trust.

**Honor concerns.**

Whenever an individual has a concern, this has precedence within the group at any time.

**Keep commitments.**

Attendance at scheduled group sessions is expected. The sense of community is lost by irregular attendance of participants.