

OUR CONTRACT OF UNDERSTANDING

I understand . . .

This class is a process, a journey toward recovery, toward self-understanding and removal of the thoughts, feelings, attitudes and behaviors which inevitably damage me personally and destroy my relationships.

I understand that while this group will be supportive in my recovery process, its purpose is to teach me the information I need to begin undoing those thoughts, feelings, attitudes and behaviors which are undermining peace, love and joy in my life.

I further understand that the group leader is a facilitator, not a therapist or counselor. His/her purpose is to guide the group through the material in the syllabus and on the videos, and to assist participants to stay discussing the subject scheduled to be discussed in the class. The facilitator is in his/her own recovery process also. This is a class, NOT group therapy.

I, as a member of this class, understand the rule of confidentiality, and further understand that by breaking the rule, I dismiss myself from further attendance.

I choose to enroll as a class member, abide by the outlined guidelines, regularly attend classes, and be an active participant in the process of personal recovery.

Signature

Date

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Student's Copy
To remain in the student's workbook

Before You Begin...