

In small groups there are ways you can invite openness and there are things that will shut it down.

- ❑ You focus on your own thoughts and feeling and not on someone else... (not here's how I feel about your stuff.)
- ❑ No cross talk – I'm just talking to you and the rest of the group listens.
- ❑ We are here to support each other not fix each other... 'one of my kids is having a problem and mister fix it goes into action.' People are looking to be supported in a group not immediately fixed. "I can fix that in 5 minutes".
- ❑ What's shared in the group – stays in the group.