

# Group Principles

## **Participation**

Everyone has a right to tell about him/herself and participate as much as feels comfortable – one can also just sit and listen

## **Responsibility**

The group participant is responsible only of him/herself and own recovery process

## **Equality and Respect**

We are all of same worth, every opinion and experience is equally important

## **Expertise of ones own life**

You can get support and ideas from the group but you are the expert of your own life

## **Giving support and positive feedback**

We focus on solutions, we do not criticize or judge

## **Confidentiality**

Everything that is told in the group, stays only in the group

## **Avoid comparison**

We do not share exact numbers (kilograms, calories, kilometers walked or ran, amounts of food taken in etc) nor the names of the medicines we use