

## **DBSA Basic Guidelines For Peer Discussion Groups**

- **Share the Air**  
Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.
- **One person speaks at a time**  
Each person should be allowed to speak free from interruption and side conversations.
- **What is said here stays here**  
This is the essential principle of confidentiality, and **MUST** be respected by all.
- **Differences of opinion are ok**  
We are **ALL** entitled to our own point of view.
- **We are all equal**  
Accept cultural, linguistic, social and racial differences and promote their acceptance.
- **Use 'I' language**  
Because we do not participate in discussion groups as credentialed professionals, **NO ONE CAN INSTRUCT**. We however can share from our own personal experiences. As an example, we cannot say - "you should do X" we should say: *'when I was faced with that problem, I...'* Always put things in the context of our own experiences.
- **It's OK not to share**  
People do not have to share if they do not wish to. Much can be gained by just listening.
- **It's everyone's responsibility to make the discussions groups a safe place to share.**  
Respect confidentiality, treat each other with respect and kindness, and show compassion.