

## Remix Recovery - Brave Space Group Rules & Guidelines

*Remix Recovery has no requirement for what members think, believe, or even desire, or for what members do outside of a Remix Recovery group. The only requirements are for how members behave while in a Remix Recovery group and only to the extent necessary to promote a stigma-free, safe, and brave space.*

### Group Rules

To protect our brave space, the following rules must be observed. Violations may result in removal from the group.

- **No Violence:** No violence or threats of violence. It is essential that we all maintain a space that is both physically and emotionally safe for everyone.
- **No Drugs, Alcohol, or Weapons:** These items are not allowed in our meeting spaces in order to maintain the safety of all members.
- **Privacy:** You are expected to protect the privacy of other members. What's said here and who you see here, stays here, but what's learned here, leaves here.

### Group Guidelines

These guidelines are designed to foster a safe and supportive environment for all members.

- **Respectful Communication:** No unsolicited advice or rescuing others from their feelings.
- **Use "I" statements:** When speaking, use "I" and avoid speaking for others.
- **Boundaries:** Respect physical and emotional boundaries of others.
- **Active Listening:** Give full attention to the speaker, without engaging in side conversations. We encourage full engagement without distractions or interruptions.
- **Open-mindedness:** Listen with an open mind and assume positive intent in others' communication.
- **Gentle Feedback:** If a boundary is crossed, gently inform the person without assuming harmful intent.
- **Learning Environment:** Remember that we are all learning and growing from this experience.