



141 Discovery Dr. Suite 213 | Bozeman, MT 59718 | gocmt.org

### COMMITMENT FORM

As fellow sufferers uniting around great hardship, we need great love, understanding and protection. In order to create a healthy environment for others and myself while participating in this group, I agree to the following:

- Meetings are important. They will begin promptly and I will contact someone in the group (preferably not leave a voicemail) if I am unable to attend a meeting.
- That I will do any homework assigned each week because I need the comfort, insight, and confronting that it gives me as I seek God's will and His help in my journey.
- That if I am absent for more than three consecutive meetings, I may be asked to leave the group.
- It is everyone's responsibility to "tune in." This includes listening to someone's words, being sensitive to the feelings they express verbally and non-verbally, and paying attention to my own reactions as the other person communicates. I commit to:
  - Allow other members to express their feelings and finish talking.
  - Be sensitive to other members of the group and limit my comments to two to three minutes.
  - Realize that crying and laughing are okay; being abusive to another group member is not.
  - Resist the impulse or temptation to rescue other group members.
  - Attend meetings to work on myself, not other people.
- That what is said in our group will not be shared with anyone outside the group. Specifically, I will:
  - Not share the names of group members to anyone outside the group.
  - Keep all conversations in the group confidential, including life situations, anecdotes, therapeutic interventions and complaints. Nothing said in the group by or about someone else will be repeated outside the group.
- There will be no sexual interaction between group members.
- I am making a commitment to not commit suicide while participating in this group.
- I am making a commitment to keep myself from being victimized by others and from self-mutilation (eating disorders, self-harm, addictions and compulsions, etc.)
- I have the power to make choices for healing and to take responsibility for my life.
- The goal of this group is to grow and heal as an individual while loving others and myself.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_