

# NEW GROUP ORIENTATION (FIRST OFFICIAL GROUP MEETING)

**1 Welcome people.** Thank them for their interest in the group.

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**2 Share your story.** Your co-leader can also share their story (if applicable). Include all sides of your story, including betrayal, addictions, abuse, and anything that will help reduce shame and set a safe tone. Share how you got involved with PD and why you're leading.

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**3 Go over the initial group parameters** (ALL Groups).

- Group Guidelines
  - Best Practices
  - Memo of Understanding
  - Covenant to Contend: Emphasize the high bar of commitment that is key to a successful outcome. The more you put in, the more you'll get out.
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**4 Invite group members to share.** Emphasize that it's okay to share as much or as little of their story as they want. They can share whatever they are comfortable with and what they hope to get from group. Give each person a minute or two.

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**5 Introduce the weekly tools.** Go through each step-by-step.

## Addiction Groups

- FASTER Scale
- Group Check-in
- Commitment to Change
- Weekly Phone Calls

## Unraveled ONLY

- Self-care
- Change and Growth Analysis

## Spouse/Betrayal Groups

- FASTER Scale: Focusing on emotional health and understanding your emotions
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**6 Review the introduction together.** It should be read ahead of time.

- Briefly discuss the Recovery Action Plan.
  - Seven Pillars of Freedom: Reference Appendices
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**7 Look at the work for the first week and make sure the group understands it.**

- Look at week one in the workbook.
  - Look at week one in the journal. Fill out the Commitment to Change together. For addiction groups, list three people they will call during the week.
  - Exchange phone numbers and contact information.
  - Share FASTER Scale, Double Bind, Commitment to Change, and Recovery Action Plan podcast episodes for addiction groups that include those.
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**8 Follow these guidelines for a successful group meeting.**

- Meet in a quiet space, free from distractions such as noise or family members.
- Be ready to start on time.

Online Groups

- Join on a computer or reliable tablet, not a smartphone.
  - Have headphones ready to reduce background noise.
  - Check before each meeting that your computer/headphone speakers and mic are working.
  - If the group is experiencing feedback or an echo, everyone should mute their mic, except for the person talking.
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**9 Allow time for questions.** Encourage your group members that while it does feel like a lot up-front, if they commit to the group process and take it a day at a time, it becomes very doable.

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**10 Close in prayer.**

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## ADDITIONAL GUIDELINES FOR LEADERS

**1 Be online 10-15 minutes early** to open the video and connect with early arrivals. If you show up last minute, so will they.

**2 Start on time.**

**3 Follow the Group Guidelines** early and often.

- First Offense: Address the whole group.
  - Second Offense: Address the individual offline.
  - Third Offense: Address the individual and create an agreement for change or a need to step out.
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