The Journey – Men's Recovery Group Guidelines

This group is a brotherhood of men pursuing freedom and healing. We are here to walk honestly, to grow together, and to keep Christ at the center of our recovery. To protect this space and one another, every man commits to these guidelines:

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1. Confidentiality is Required

What is shared in this group stays in this group.

- No names, stories, or details are to be shared outside — not with family, friends, church, or other support groups.
- Nothing from this group should ever appear on social media.
- If you know another brother outside of the group, what's said here is not to be brought up or discussed in other settings.

Confidentiality builds trust. This must remain a safe place for honesty.

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2. Attendance and Participation are Essential

Healing requires commitment. Every man agrees to a nine-month journey that includes:

- Weekly meeting attendance with your camera on.
- Daily written work and check-ins.
- At least two verbal check-ins per week.

Connection is vital to recovery. If you miss three consecutive recovery meetings, you will be removed from your group's recovery and GroupMe and then encouraged to restart with the next recovery cycle.

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3. Walk in Grace and Respect

We are not here to judge, but to walk together as men redeemed by Christ.

- Honor the time by staying on topic.
- Share your own story and allow others to share theirs.
- Avoid chasing "rabbit trails" that distract from the purpose of our time.

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4. No Fixing

We are brothers, not saviors.

- Do not diagnose other men or tell them what they *should* do.
- Do not give unsolicited advice about marriage, family, or personal choices.
- Offer support when asked, but leave room for God to do the work.

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5. Honor Your Wife and Family

We acknowledge pain, conflict, and failure — but we refuse to dishonor our families.

- No name-calling or tearing down your wife or family.
- Honest sharing is welcomed, but not in a spirit of ridicule.
- Keep your words rooted in truth and respect.

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6. Be Present, Prepared, and Appropriately Attired

Show up in a way that honors God and your brothers.

- Keep your camera on during meetings.
- Wear appropriate attire — the same way you would if you were meeting in person.
- No laying in bed, lounging, or multitasking while in group.
- Eliminate distractions and stay engaged for the full session.

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7. Guard Your Words

Profanity, crude talk, explicit details, or triggering descriptions are not acceptable in this group — in meetings, chats, or GroupMe messages. Our words must reflect the Spirit of God and build one another up.

Signature: _____ Date: _____