

# Real Love Group Guidelines

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**Confidentiality:** Each group member contracts with other group members to keep the names and information about the lives of other group participants under any and all circumstances in confidence. Each member of the group is free to talk about himself/herself outside of group but agrees not to talk about other group members even to one's significant other.

**Attendance:** Group is a commitment of your time and energy to show up on time, every time for yourself and for your fellow group members. Group process focuses on Real Love principles and relationships, including those among group members.

**Starting Group:** *You have agreed to underwrite a semester of Real Love Group for 6 live sessions.* This includes your in-person presence and active participation in group, as well as in the Slack chatroom, reading or listening to the book, making calls, and ultimately, receiving calls.

**Leaving Group:** If you decide to stop group, please announce this to the group and then return for at least one more session. This will allow you and the other group members time to work through feelings about your departure and saying good-bye.

**Membership Fee:** The semester fee is \$290.00. If you have not paid in full, your payment will run on the 15<sup>th</sup> of the month for two months. Please send a continuation or cancellation request by email 30 days prior to the end of the current semester to [cindy@austinempowered.com](mailto:cindy@austinempowered.com). A current credit card must be kept on file.

**Relationships:** Social contact is encouraged. Contacting each other for the purpose of getting loved when you are empty and afraid and the opportunity to be loving when someone else contacts you is an intended benefit of this group; however, dating, romance, and sex between members of the group are agreed to be inappropriate unless a couple comes to group already paired. This is designed to allow participants to experience real love without the complications of imitation love disguised as romance or sex.

**Calls:** It is part of the process to make calls outside of the group. This allows for new feelings and behaviors to develop that will ultimately bring you more peace, love and transformation.

♥New group members are encouraged to make at least **3 calls** before they receive calls in order to experience feeling more loved first.

♥A goal is to make at least **6 calls** during the 11 weeks of the semester.

**Triangulations:** Any form of relevant communication between group members outside of group must be brought back to the group so that all know what has transpired between members outside of group. This is necessary to keep trust, openness and safety within the group.

**Check In:** Each member will have the opportunity at every group session to "**check in**" with the group at the beginning of each session to give a brief two-minute overview of his/her life. If more time is needed for processing, sharing, celebrating, or to work through an issue, then they may ask for "**time**" at check in.

**Feelings:** To aid in the expression of feelings, you are asked not to use drugs, alcohol, tobacco, gum, food, sugar or caffeine during or just prior to group. Please apply this to any technology use as well. However, water IS allowed.

**Vulnerability:** When sharing in group, try to remember that what feels like weakness in you, looks like courage to those witnessing it. Vulnerability and trust get developed hand in hand.

**Feedback:** If you are new to group, using the Safe Conversations Outline can be helpful in first giving feedback. Clarifying questions are okay here.

♥Then when/if the speaker says they are ready and willing, we move into looking at the **G&P's** that were instinctive and then look at other options.

♥When the speaker feels complete, group members share from their own personal experience of how/what they have heard touches their own experience in life rather than complimenting, analyzing or advising the speaker.

**Non-negotiable group rules:** No violence. No threats of violence. No leaving the group (or a call) without working through feelings of anger, frustration, sadness, confusion, etc. No enabling of self or others to stay stuck or dishonest by avoiding, people pleasing, fixing, blaming, etc. Asking to take a brief momentary break (time out) to gather your composure before continuing on the phone or in person is, however, advised.

**Hugging:** We finish each group with a mostly silent heart hug experience. Place your head to the right shoulder of each person you are hugging and hold there with no patting, rubbing, or talking for no more than three breaths. A gentle squeeze let's both parties know that the hug has ended. This allows for us to consciously practice

letting more love in our hearts without reflexively giggling, talking, judging and ultimately, limiting ourselves or others.

**Responsibility of group members:** It is the responsibility of each member to ensure that the group adheres to these guidelines. If at any time there is a conflict or question that arises in group or when more than two group members are gathered outside of group time, it is the member's responsibility to address the issue by bringing it back to the whole group or requesting a "time out" if they notice they are triggered and stating a future time to discuss the issue.