

# Jetson Counseling Group Guidelines

Confidentiality what you see, what you hear and who is here is to remain here.

Work is done by  
invitation.

Everyone has permission  
to pass, except with the  
sharing of true feelings.

Everyone has permission  
to stop.

Your presence is a gift,  
please remain in the room.

Be on time.

Respect yourself and  
others in the group.

We are not to hurt  
ourselves or anyone else

in the group, physically or emotionally.

All feelings are welcome here.

Permission to swear during your work.

Water bottles with tops  
are permitted in the room.

Secrets do not keep us  
safe, they keep us stuck.  
Please do not keep secrets  
in the group.

Bring problems with the group, to the group.

Feedback honors and relates to each other's experience - share how the work touches you.

Safe touch is honored -  
ask for what you need.

Do not touch someone  
unless invited to do so.

Take responsibility for  
your own process, be self  
caring.

Respect yourself through  
acceptance and forgiving  
yourself.

Please pick up after  
yourself.



For safety reasons, follow  
the Group Leaders  
directions.