

Lisa Ryan LPC

Advocacy Circle
Marriage & Family Counseling

GROUND RULES

1. Please let each person finish their thought before you respond. Try never to interrupt a person.
2. Please try never to begin a sentence with the word “you.”
3. Please re-word a “you” sentence with the word “I.” For example: I notice, I feel, I wonder, or I think.
4. Please try to summarize what you have heard before you respond to what was said. Ask if you repeated it correctly.
5. Please stay on one topic at a time. Bringing up other grievances reduces the chance of a resolution to the specific topic.
6. Please try to express anger or frustration with words, never with volume. Yelling at a person makes him or her stop listening and it rarely if ever makes a person feel better.
7. Please do not swear, cuss or use vulgar language in anger.
8. Please do not call each other derogatory names.
9. Should you have an issue from the past that you would like to resolve, identify it, and we will eventually talk about it in session. Dredging up the past without working toward the goal of resolution is counter-productive.
10. Please remain respectful to your partner.
11. If your partner brings up an issue that is painful to you or makes you feel defensive, state how it makes you feel.
12. Try to address each issue as an issue, not a personal attack. If you truly feel attacked, say that you feel that way.
13. Recognize that everyone is entitled to their own point of view. A person is not necessarily “wrong” because they do not see things as you see them.
14. If you have a concern with the counselor, bring it up so it can be resolved quickly.