



**GLOBAL GRIEF
SUPPORT**

Group Norms for a Grief Support Group

1. Listen to one another with respect and without interrupting.
2. Respect the feelings of other participants
3. Abstain from judgmental comments or questions. No verbal bullying.
4. Promote trust and mutual self-esteem.
5. Recognize that talking about death and loss may be challenging. We each take responsibility for self-care and for asking for professional help when appropriate.
6. We agree that this is not a forum for self-promotion, preaching or proselytizing.
7. We agree to keep group discussions confidential.