

Be a Good Group Member

A group is like a sports team. By working together, group members can:

- Support and encourage each other.
- Share ideas to solve problems.
- Motivate one another.

Being a good group member is a **responsibility to others.**

It is also the best way to help yourself succeed.

Lifestyle Balance



Ten Ways to Be a Good Group Member

1. Do your very best to come to every meeting.
This is important even when it's hard to follow the program.
2. Be on time. Call if you can't come.
3. Complete the things you're supposed to do at home.
4. Bring your notebook and Keeping Track to every meeting.
5. Take part in sharing your ideas with other group members.
6. Let everyone have a chance to share. Be careful how much time you spend talking.
7. Be willing to really listen to other people's concerns. Do what you can to show you understand and care. Share what has worked for you.
8. Do not repeat to other people outside of the group anything personal that's talked about in the group.
9. Respect other people's ideas. Avoid putting others down.
10. Stress the good things.

Remember, "team spirit" helps everyone on the team.