

Accidental Impacts Suggestions for Group Sharing

Accidental Impacts fellowship meetings are available to those who have unintentionally killed or seriously injured someone, and to their family members and friends. For more information, contact accidentalimpacts@gmail.com.

1. **Participation is Voluntary.** We encourage you to participate, but you don't have to if you don't want to.
2. **We Pledge Confidentiality.** Please commit to confidentiality, so that: *Who you see here, and what is shared here, stays here.*
3. **We Practice Safety, Compassion, and Respect.** We each have a role in making the group an emotionally safe place to share. We treat each other with kindness and dignity. We accept cultural, linguistic, spiritual, social, and racial differences, and we promote their acceptance.
4. **Sharing Time is Limited.** So that everyone has an opportunity to share, sharing is limited to 5 minutes. There might be more time after everyone has had the chance to share. The group facilitator will hold the time boundaries.
5. **We Avoid Interruptions.** Please give speakers the opportunity to be heard without interruption. The group facilitator may occasionally interrupt, however, to carry out these guidelines or redirect discussion.
6. **Feedback/Crosstalk is Cool.** It's fine to talk directly to another member of the group about something they shared. If you intend to talk or ask about their personal material, please ask their permission beforehand.
7. **We Try to Use "I" Statements.** Fellowship is most beneficial when we speak from the "I" position, *i.e.*, we share about our own personal experience and avoid giving advice or lecturing others.
8. **This is a Peer Support Group Only.** Not professionally led, not a therapy group, not a proxy or substitute for therapy by licensed and trained professionals. We

hope you find support through Accidental Impacts. We hope you *do not* rely upon AI to be your sole or primary means of support.

9. **Triggers Happen.** Sharing our accident experiences with others who have gone through similar events can be very rewarding. But that sharing also has the potential to trigger a trauma reaction in others or ourselves. It is up to each of us to practice discretion, self-care, and self-protection.