

# Bulletproof Integrity Coaching Group Agreement

Adapted from Mark Laaser, *Faithful & True: Sexual Integrity in a Fallen World*, Nashville, TN: 1996.

To encourage a high level of trust, connection and openness in my Bulletproof Integrity Group, I commit with the other members to do the following:

1. I will strive to honor and observe the group rules:
  - a. We practice confidentiality.
  - b. We aim to be completely honest, and make this group safe to be so honest.
  - c. We welcome feelings of anger, sadness, fear and loneliness.
  - d. We respect each other and allow for disagreements.
  - e. We affirm ourselves and others.
  - f. We do not put ourselves or others down.
  - g. We will focus on our own experiences and how we are trying to grow, rather than speaking of others.
  - h. We do not blame others; we take responsibility for our own actions.
  - i. We only give feedback when asked.
  - j. We speak concisely and respect time, so others have a chance to speak.
2. I will not reveal what anyone shares in the group with anyone outside the group, except what I may have shared or learned. I understand that breaking confidentiality will mean I am unable to continue participating.
3. I will make attendance at each group session a priority for as long as we are meeting.
4. I will make strive to complete any requested readings, writing or other activities before a meeting, even though I understand I am welcome to attend even without having done any preparatory work.
5. I will support other group members in their desire to grow internally.
6. I will be patient with other group members as we allow truth, respect and love to work in each others' lives.
7. I will not give advice or pressure other group members to do what I think best.

8. I will inform John of any distress that might arise in reaction to any group meetings.

**Your Signature below signals your understanding, consent and acceptance of this group coaching agreement.**

Signature \_\_\_\_\_ Date \_\_\_\_\_