

## Small Group Guidelines

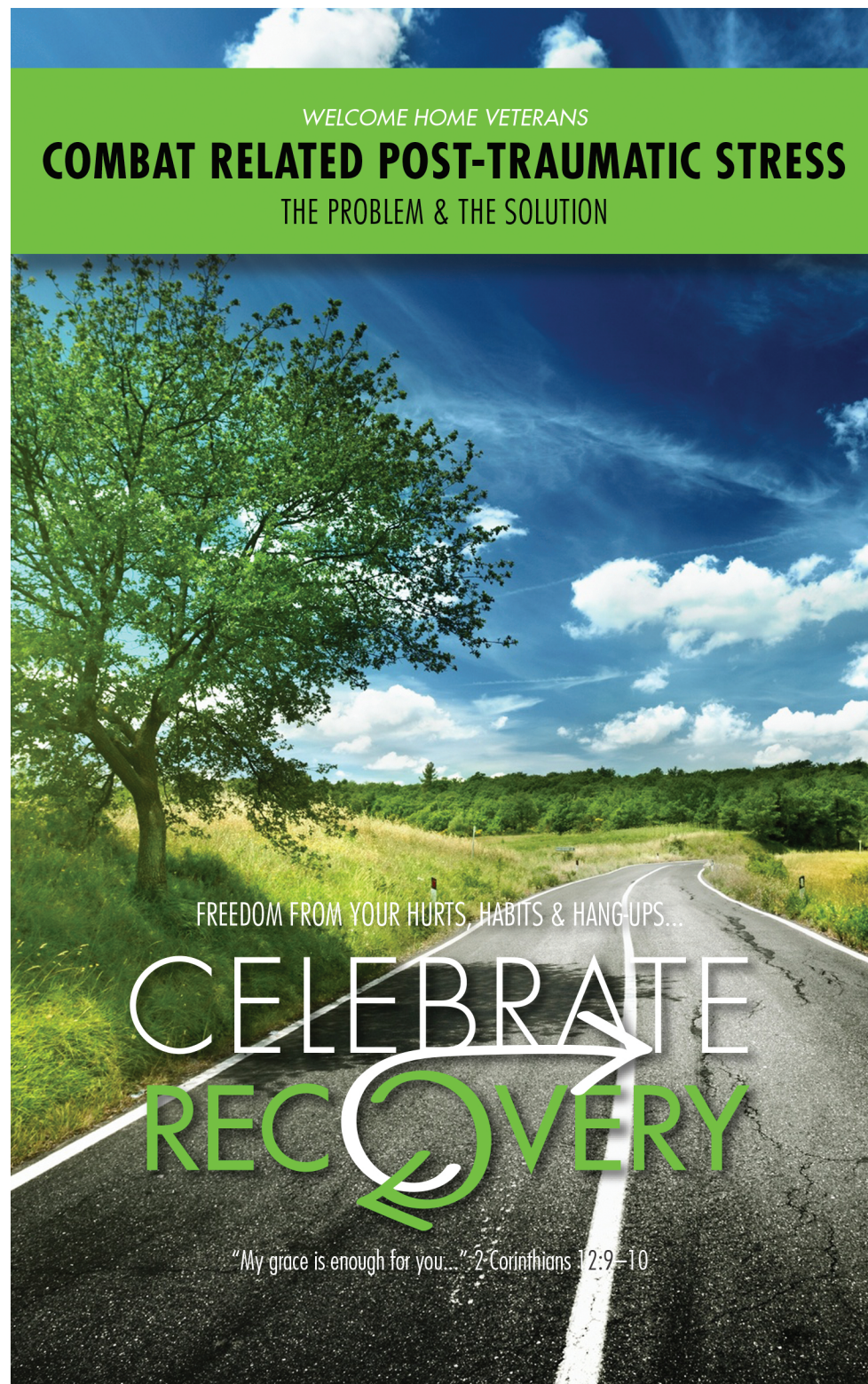
1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

### Accountability Team Phone Numbers

Sponsor \_\_\_\_\_

Accountability Partners

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Celebrate Recovery Welcome Home Groups are a safe place for veterans and their family to connect. Most military families miss the camaraderie that the military culture provides. This can be achieved through Celebrate Recovery and Welcome Home Open Share Groups.

## The Problem

### Do you:

- Feel upset by things that remind you of what happened?
- Have nightmares, vivid memories, or flashbacks of the event that make you feel like it's happening all over again?
- Feel emotionally cut off from others?
- Feel numb or losing interest in things you used to care about?
- Become depressed?
- Think that you are always in danger?
- Feel anxious, jittery, or irritated?
- Experience a sense of panic that something bad is about to happen?
- Have difficulty sleeping?
- Have trouble keeping your mind on one thing?
- Have a hard time relating to and getting along with your spouse, family, or friends?

### Do you:

- Often avoid places or things that remind you of what happened?
- Consistently drink alcohol or use of drugs to numb your feelings?
- Consider harming yourself or others?
- Start working all the time to occupy your mind?
- Pull away from other people and become isolated?
- Feel guilty that you lived through the events?
- Lash out with outbursts of rage and violence?
- Miss the camaraderie and sense of belonging you had in the military?
- Miss the sense of mission and purpose that went with being in the military?

## The Solution

- Find accountability partners and a sponsor, utilize them through the week.
- Seek out appropriate medical help if needed; connect with the Mental Health Champion for resources.
- Attend Large Group weekly and participate in a Welcome Home Open Share group to recover your sense of belonging.
- Join a Celebrate Recovery Step Study Group.
- Reach out to other veterans struggling with hurts, hang ups and habits. Invite them into your Welcome Home Open Share Group to recover your sense of mission/purpose.

It is our prayer that you have found this information helpful in describing what PTS 'looks' like symptomatically. If you answered yes to 3 or more of these symptoms you may be experiencing Combat Related PTS. Too often many seek help without receiving a diagnosis of PTS. Many doctors and mental health professionals do not know what the full spectrum of PTS looks like. Do not be afraid to take this with you if you choose to seek medical help. PTS is multi-faceted and can be difficult to diagnosis. You and those around you need to know the facts about what it is and what it looks like. It is treatable and can be overcome. There is hope.