

Name: _____ Date: _____

Topic: Support Group 101 (January 2020 Support Group Training)

Ongoing Training Credit: 1 hour

Volume 7 Tags: Administrative Procedures and Program Goals (7.708.65.C.3)

8 GUIDELINES TO PARTICIPATING IN A SUCCESSFUL SUPPORT GROUP? (pages 2-3)

Fill in the Blank

1. Support Group is _____
 - A. What is _____ in Support Group should _____ in Support Group.
 - B. No matter how _____, don't find yourself _____ about what you've _____.
 - C. At the same time, _____ that nothing said in Support Group is a _____.
2. Focus on giving _____ instead of _____
 - A. When it comes to feeling _____, listening and _____ with others is more _____ than giving _____.
 - B. If it becomes apparent that _____ is needed in a particular situation, suggest to other members that they schedule a _____ with a Hope & Home _____.
3. _____ is important
 - A. Everyone should _____, together, to making sure _____ stays on _____.
 - B. People tend to fall into patters and if this time _____ is not set up at the _____, month after month those who share _____ may leave _____ and discouraged if they sit through an entire group and _____ get a chance to share their _____.
4. Scope of _____
 - A. Support Group does _____ take the place of a doctor's _____, a _____ session, a church service, a political rally, or a _____ hangout.
 - B. Remember that you are _____ ongoing _____ credits during Support Group, so we want group to be a _____ place for _____.
5. Be _____
 - A. Group members need to be able to _____ share their feelings while being _____ of the pain of others that might be _____ in the room.
 - B. Be _____ to each other and build each _____ up. Don't _____ talk or _____ while others are _____. _____ for each other.

Continued

Support Group 101

Support Group Makeup Quiz, Continued

6. Validate _____
- A. Most people can't _____ what you're _____ until they _____ like you know how they're _____.
 - B. Validate _____, not _____.
7. Focus on what you can _____
- A. It's _____ to play the _____ game, but focusing on blaming _____ during Support Group is not _____ for the group.
 - B. We can't _____ the judge, caseworker, or birth parents, but we can _____ on how we _____ to each _____.
8. Manners _____
- A. Be _____ of Hope & Home.
 - B. Welcome _____ members and make an _____ to get to know them— _____ others as you'd like to be _____.

TRY TO AVOID THESE SUPPORT PITFALLS (page 4)

Matching

9. Match the following words and definitions by drawing a line between each pitfall and its correct definition:

Externalizing

Belittling someone else's challenges or replying with "at least it's not as bad as..."

Catastrophizing

Seeing everything as a disaster.

Minimizing

Jumping in on a conversation with your own story and problems in a way that takes away from the person sharing.

Piling-on

Focusing on external issues that are outside of our control.