

Suggested guidelines for crosstalk

NOTE: Problems can arise in crosstalk when things such as interruptions, advice-giving, or “you statements” are disruptive to the meeting, or make individual members feel uncomfortable in sharing. In order to maintain a positive, supportive meeting environment, the convenor may wish to include guidelines for crosstalk in their Opening Statement. The following guidelines are some suggestions, derived from convenor experience and LifeRing literature. These may be modified or added to, depending on the needs of a particular meeting.

- **Please avoid unnecessary interruption.** [*Let someone finish sharing before commenting.*]
- **Please avoid unsolicited advice.**
- **No attack therapy, no confrontation, no interrogation.**
- **“I” statements instead of “You” statements.**
- **LifeRing discourages drunkalogues and controversial subjects.**