

## Rules of conduct for open support groups

The rules are necessary for the proper functioning and cohesion of the group. We ask you to take the time to read them and do not hesitate to ask your questions if some of them are less clear for you.

**N.B.** We also remind you that ANEB offers two different types of open support groups: one for people suffering from an eating disorder (OSGED) and one for loved ones (OSGLO). In order to promote a favorable environment for sharing and group cohesion, *we ask you to respect and understand that we will not be able to admit relatives and loved ones to OSGED meetings or people with suffering from an eating disorder to OSGLO.*

- Listen to the other members
- Respect others
- Do not mock or insult others
- Adopt a non judgmental attitude
- Speak for yourself, use the "I"
- Respect confidentiality
- Do not interrupt when someone is talking
- Have the right not to speak, to pass one's turn
- Be honest with yourself and others
- Do not consume food or drink anything other than water
- Do not name/share tricks, numbers, or foods
- Do not come to the group under the influence of a substance (alcohol or drug)
- Stay until the end of the meeting
- Complete the session evaluation form

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