



NAVIGATING THESE WATERS TOGETHER

Our Shared Grief Support Group Agreements

Grief brings each of us into different waters. There is no single course through loss, and no one here is expected to navigate in the same way. To help create a space where people can feel safe, respected, and supported, I agree to the following:

PROTECT THE HARBOR.

What is shared here stays here. I will respect the privacy of other participants and will not share their stories or identifying information outside the group.

STEER FROM MY OWN EXPERIENCE.

I will speak from what I have lived and learned rather than telling someone else what they should do. I will avoid comparing losses or measuring one person's grief against another's grief. All grief is valid and unique.

MAKE ROOM ON THE DECK.

I will be mindful of how much space I take in conversation and help leave room for other voices, experiences, and perspectives.

CHOOSE MY OWN DEPTH.

I may share as much or as little as feels right. I am always allowed to pass, listen, or simply be present.

HONOR EVERY JOURNEY.

I will meet others with curiosity and respect across differences in identity, beliefs, relationships, backgrounds, circumstances, and ways of grieving. The Compassionate Compass offers secular support groups. Discussion of faith and spirituality is encouraged when relevant to grief, as long as it remains respectful and does not become proselytizing.

LISTEN TO UNDERSTAND AS THE FIRST MATE, NOT TO FIX.

I will offer presence before solutions. When I do share something that helped me, I will offer it as my experience rather than a prescription for someone else.

BE A FELLOW GRIEF TRAVELER

This is a space for people participating in grief support—not for observing, studying, evaluating, or collecting someone else's story.

HELP KEEP US ON COURSE.

I will respect the group's beginning and ending times, the facilitator's guidance, and gentle redirection when needed to protect the space for all.

COME ABOARD READY TO PARTICIPATE SAFELY.

I will attend without alcohol or other substances affecting my ability to participate safely and respectfully. I will not participate in a virtual group while driving.

MIND THE WAKE I LEAVE BEHIND.

I will share difficult details thoughtfully, recognizing that graphic or highly specific descriptions may affect others in the group.