

## How Ready Am I For a *LifePath* Group?

Thanks for your interest in participating in a LifePath group!

To help you determine whether or not you are ready to move down the road of recovery and healing, please take a few minutes to ask yourself these very important questions.

- Am I willing to admit that I am out of control over \_\_\_\_\_ or that \_\_\_\_\_ in my life has become unmanageable?
- Am I able and willing to attend each weekly small group session for the duration of the term?
- Am I able to concentrate on the reading and willing to do the homework prior to group meetings?
- Am I willing to participate with personal honesty in small group discussion?
- Have I read the 7 Guidelines and am I willing to follow them in my small group?
- Do I accept the fact that my healing journey will involve self-reflection, feeling my feelings, and taking many important, small steps over time?
- Do I acknowledge that LifePath is not a replacement for professional counseling and that my small group facilitator is not a trained counselor?
- Am I willing to pursue professional help outside of LifePath if any mental health or addiction issues begin to significantly complicate my LifePath involvement?

If you've answered YES to these questions, you're in a good place to benefit from what LifePath offers!

Registration for LifePath groups happens online at: [www.salemalliance.org](http://www.salemalliance.org). Simply click on the LifePath page, choose a group and pay the fee. Remember to indicate that you've taken this self-assessment and think you're ready to take the next steps in your healing journey.

We at LifePath look forward to meeting you and supporting you!