We the men in this P.R.I.D.E. RAP Session:

1) Are here for the purpose of providing a place of safety, of non-judgmental support, and a sanctuary for ourselves as men.

2) Come to explore and share the process of being our physical, psychological, emotional and spiritual selves with other men. This sharing is our reason for meeting.

3) Provide a sanctuary where confidentiality is necessary. “What is said here stays here!!!”

4) Intend to be honest with ourselves, deal with our difficult issues, respect our differences, and bridge the gap between our differences.

5) Relate with respect for ourselves as well as others.

6) Accept the sole responsibility for who we are, what we do, and how we feel; we are allowing our self to grow.

7) May have been in therapy and/or recovery groups, but understand that this is not one of those meetings.

8) Are not here to fix, advise or convert others.

9) Believe that healing and growth occurs within a compassionate, supportive and accepting environment.

10) Grant each man his dignity, his control, his responsibility, and the privilege to be who he is and who WE become by dealing with our pain and joy, our failures and triumphs that occurs in our life.

11) Will not undermine our RAP Sessions feeling of safety with the need to make life less real or less painful.

12) Speak to the group using "I" statements, regarding our own truth from personal and present experiences.

13) Listen with full attention and give priority to each speaker. This honors the Truth that binds our lives together, thus creating the human connection that is a Sacred Male Community.