

TAPS MILITARY SURVIVOR SEMINAR SHARING GROUP GUIDELINES



Feel free to talk about your grief or listen attentively. Both will be respected, and listening is a beautiful gift we can give others. There is no requirement to talk. Please avoid talking to the person next to you while others are sharing.

Please do not share graphic details of your loved one's death as we do not want to traumatize others. If there are details you need to process through, we can speak with you privately after the group and connect you with our Survivor Care Team.

Accept individual differences so that everyone feels safe and accepted. There are no right or wrong feelings, just feelings. Respect one another's journey. No two people are exactly alike. Avoid giving advice unless it is specifically requested.

Use your story as medicine for others.

In order to be productive and maintain a healthy atmosphere in the group, please refrain from bashing individuals, organizations, or the government.

Everyone in the room has experienced a painful loss. To respect all of our losses, we will avoid comparing our grief.

At times there may be silence. This provides a moment to reflect on what has been shared. No one needs to feel anxious or responsible to break the silence.

If you need to leave the room and everything is okay, please give a thumbs up so we know you are not in distress, otherwise we will send someone out to check on you.

Please hold what you hear in this room in confidence so that everyone feels secure in their ability to share safely.

About TAPS Survivor Seminars

No matter where you are in your grief journey, support and connection await you at a TAPS Seminar. Both regional seminars and national seminars are inclusive, discussion-based events that include workshops for understanding and processing grief and small-group sharing sessions where you can connect with peers.



Visit taps.org/seminars

Call us 24/7 at

800.959.TAPS (8277)