

# Group Member Anonymity and Confidentiality

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Anonymity is a vital principle to SAL 12-Step meetings, and is essential to the safety of all group members: we introduce ourselves by first name only.

Confidentiality is also vital: we do not repeat shared member stories or experiences outside of the group. **(This includes not sharing who we see and what is said at these meetings with our spouse)**

By respecting our own and others' anonymity and confidentiality, all members can speak openly and honestly. We strictly honor the code: "Who you see here, what is said here, let it stay here."

A recovery culture of "fellows among fellows" is strengthened by these two principles. Members leave their titles and positions at the door. We are all unique, with our own strengths and weaknesses, but we share similar challenges of betrayal trauma, and we share the same goal of living in recovery. This is how we come together in the work of recovery.