

S-Anon Cross Talk Guidelines

Cross Talk is ...

- Relating directly to someone's share during your share, including using their name and/or specific details about their share.
- Making an extreme measure of agreement while someone is sharing, including putting comments in the chat to everyone and using reaction buttons.
- Interrupting someone's share with a verbal comment.
- Affirming, criticizing, or giving advice on a previous share.
- Focusing on someone else by using "you" or "we" statements instead of "I" statements.

Cross Talk is not ...

- Relating to someone's share in a general way.
- Nodding your head in agreement, smiling, laughing, or crying during someone's share.
- Expressing appreciation for, or sharing your experience about, a person's share after the meeting is over.