We Do Not Crosstalk

In our meetings, we speak about our own experience, and we listen without comment to what others share. We work toward taking responsibility for our own lives, rather than giving advice to others. This is why crosstalk is strongly discouraged during our meetings. Crosstalk guidelines help keep our meetings a safe place.

For more information, please refer to the Newcomer’s Handbook and Experiences with Crosstalk .

Examples of crosstalk may include, but are not limited to:

• Giving unsolicited feedback

• Advising

• Making "you" and "we" statements

• Interrogating

• Debating

• Criticizing

• Controlling

• Dominating

• Minimizing another person’s feeling or experiences

• Physical contact / touch

• Body movements such as nodding one’s head or other gestures

• Verbal sounds / noises

• Referring to someone present by name