**ADVANTAGES**

**OF BELONGING TO A SUPPORT GROUP**

1. Learn that you are not alone.
2. Be able to trust and to share your feelings with others who understand.
3. Accept one’s own feelings and those of others – bad as well as good.
4. Gain insight into one’s feelings and behaviour.
5. Learn to understand yourself.
6. Recognize fears and thereby lessen them.
7. Learn alternative solutions to problems from each other.
8. Gain support and encouragement from other members of the group.
9. Realize that you are needed and that you form a valuable part of the group.