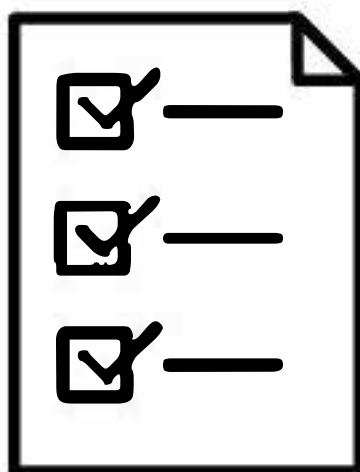


OXFORD HOUSE

CORKBOARD





GUEST EXPECTATIONS

- ** YOU ARE RESPONSIBLE FOR YOUR GUESTS AT ALL TIMES...IF NEED BE, ASK ANOTHER MEMBER TO BE RESPONSIBLE FOR YOUR GUEST**
- ** NO GUEST IS ALLOWED IN AN OXFORD HOUSE WHILE UNDER THE INFLUENCE OF ILLEGAL DRUGS OR ALCOHOL.**
- ** NO GUESTS ARE ALLOWED TO STAY IN THE HOUSE WHILE YOU ARE NOT PRESENT. ALL GUESTS LEAVE WITH YOU UNLESS OTHER ARRANGEMENTS HAVE BEEN MADE WITH THE HOUSE!!!**
- **GO OVER HOUSE EXPECTATIONS & CURFEW WITH YOUR GUEST**
- **IF YOU HAVE A ROOMATE, YOU MUST PRE-ARRANGE WITH THEM BEFORE HAVING AN OVERNIGHT GUEST**
- **PLEASE BE COURTEOUS AND INFORM THE HOUSE WHEN HAVING AN OVERNIGHT GUEST**
- **CONFIDENTIALITY---NO HOUSE BUSINESS IS TO BE DISCUSSED OUTSIDE THE HOUSE, OR, IN FRONT OF GUESTS**
- **IF YOUR GUEST IS DISRUPTIVE IN THE HOUSE AND, IT AFFECTS THE SERENITY OF THE HOUSE AS A WHOLE, IT WILL BE BROUGHT TO THE HOUSE MEETING OR AN EMERGENCY MEETING WILL BE CALLED TO HAVE A MAJORITY VOTE TO EXPEL THAT PERSON FROM THE HOUSE.**



10 Insights For The New Member

1. Oxford House is a missing link in the recovery process. It provides the time and support each of us need to develop comfortable sobriety.
2. It works only if the Oxford House system of democratic operations is followed and the system of financial self-support is strictly followed. Learn the Oxford House Manual and the nine Oxford House traditions.
3. House meetings take place once every week. Attend every weekly meeting. The reason for weekly house meetings is to make the house run smoothly. The weekly meeting is the place to resolve disputes among the “family” and a place to work together to keep recovery at the heart of all house operations.
4. Pay your share of expenses on time. Put first things first. Old behavior put our rent last. New behavior puts it first; otherwise each of us feels lousy and the house can fail.
5. Pride that is earned is worthwhile but false pride causes conflict. A house where all the residents work with each other to gain comfortable sobriety is one that generates worthwhile pride.
6. Open finances of the house helps to overcome the suspicion we all have in early recovery. The house finances should be discussed at each meeting and posted openly for everyone to see.
7. Do household chores on time. You may be the coordinator someday and others will do unto you as you did to them.
8. Don't isolate. Loneliness and self-pity lead many of us back to drinking or using drugs.
9. Go to a lot of twelve-step meetings. AA and NA attendance is a good habit to develop to make behavior change comfortable and to gain comfortable sobriety – forever.
10. Blow the whistle on any member who relapses. The house can lose its charter if the resident who uses alcohol or drugs – in or out of the house – is not expelled immediately.



BOUNDARIES...and WHAT IS and IS NOT ACCEPTABLE

“WE HAVE NO BOSSES IN OXFORD HOUSE”

IT IS **NOT** OKAY TO:

1. VERBALLY ATTACK ANOTHER PERSON, EITHER BY RAISING YOUR VOICE OR MAKING SARCASTIC REMARKS TOWARD THAT PERSON
2. PUT ANOTHER PERSON DOWN. EXPRESSION OF INNAPPROPRIATE CRITICISM TOWARD A PERSON'S MORAL BEHAVIOR, APPEARANCE, CLOTHES, FRIENDS, ETC.,
3. TAKE SOMEONE ELSE'S INVENTORY, UNLESS YOU ARE CONCERNED THAT PERSON IS EXHIBITING RELAPSE BEHAVIOR. RELAPSE CONCERNS ALL OF US
4. SHAME OR FRIGHTEN ANY OF US BY CROSSING THE BOUNDARIES WE HAVE SET FOR OURSELVES
5. PLACE BLAME ON SOMEONE ELSE FOR YOUR BEHAVIOR OR FEELINGS. WE MUST TAKE RESPONSIBILITY FOR OUR OWN ACTIONS AND FEELINGS.
6. THROW OBJECTS, SLAM DOORS, STOMP AROUND, CALL NAMES, OR PHYSICALLY ATTACK IN ANGER. RAGING OUT OF CONTROL FRIGHTENS AND TRAUMATIZES EVERYONE AROUND YOU, AND IS NOT ACCEPTABLE.
7. ISOLATE
8. HOLD RESENTMENTS TOWARD HOUSE MEMBERS WHICH CAUSE COMMUNICATION BREAKDOWN AND OR TENSION. AND DISRUPTIVE BEHAVIOR IN HOUSE MEMBERS. (IF PERSONALITY CONFLICTS CANNOT BE RESOLVED BY THE PERSONS DIRECTLY INVOLVED, THEY SHOULD BE BROUGHT TO THE HOUSE AS A WHOLE.)
9. TO ATTEMPT TO MANIPULATE OR CONTROL OTHERS TO MEET YOUR EXPECTATIONS THROUGH GOSSIP, AGGRESSIVENESS OR SELF-JUSTIFICATION.
10. NO SPANKING, HITTING, OR YELLING AT THE CHILDREN. THEY ARE PRECIOUS AND VALUABLE PEOPLE TOO, AND DESERVE OUR MUTUAL RESPECT.
11. IF A PARENT CANNOT CONTROL A DISRUPTIVE CHILD WITHIN 10 MINUTES THE PARENT MUST TAKE THE CHILD TO HER RESPECTIVE ROOM, OR TO A LESS POPULATED AREA UNTIL THE CHILD HAS CALMED DOWN.

IT **IS** OKAY AND ACCEPTABLE TO:

1. BE PATIENT AND TOLERANT. EACH OF US ARE AT OUR OWN LEVEL OF GROWTH. PRACTICE ACCEPTANCE. “LIVE AND LET LIVE”
2. TO SHARE POSITIVE ATTITUDES AND FEELINGS TOWARDS OTHERS
3. TO RECOGNIZE ACHIEVEMENTS AND GROWTH IN OTHERS.
4. SHARE YOUR PROGRAM AND LISTEN TO OTHERS.
5. TO HAVE PERSONAL QUIET TIMES AND PRIVACY
6. TO LAUGH AT YOUR MISTAKES.
7. TO DO UNTO OTHERS AS YOU WOULD LIKE THEM DONE UNTO YOU.

**“Oxford Houses provide the addicted individual the opportunity to change their behaviors”
Paul Molloy-Founder, Oxford House Inc.**