

Regula Communitatis - Community Guidelines

In registering for this program, you agree to abide by the below guidelines in order to help create a space that is safe and life-giving for all members.

Participants will:

- Treat everyone (including themselves) with respect. Even when we disagree or come from different places, we can still offer kindness, benefit of the doubt, and compassionate curiosity to those around us and ourselves.
- Keep personal content of community discussion private and confidential.
- Speak in "I" statements and ask open-ended (non-leading) questions, particularly when responding to challenges, memories, or struggles others share.
- Honor the limits and boundaries of themselves and others. Everyone has the right to say no, draw a line, choose whether to respond to questions. Only each participant know what is best for themselves.
- Aim to be a wise steward of their vulnerability, especially when sharing personal experiences or struggles. A good question to ask as a litmus test is "How will sharing this bear fruit for myself and others?"
- Remember everyone is carrying something, including themselves. Most of us are doing the best we can with the knowledge we have. Treat yourself and one another accordingly.

Participants will not:

- Give advice, use "you" statements, or ask "leading" questions. Faith and life look different for all of us, and even well intentioned advice can cause unseen damage.
- Share unnecessarily identifiable or private details about themselves or others close to them, for obvious reasons.
- Self promote. It's not okay to use this group to promote products or businesses with no bearing on the topics being discussed.
- Share specifics of traumas or other distressing experiences unless the Coach specifically invites members to do so in a structured discussion.

Failing to cooperate with these standards may result in removal from this program.

Thank you for your cooperation in setting and maintaining a welcoming and healing space for all participants!