

Community Guidelines – To protect members, the purpose of the community and the energy of this group

1. Keep conversations in messaging group laser-focused to how you are rewriting your story and breaking intergenerational trauma in your families and in your life! Both the blocks you are having, what you are working on and any growth you want to share are all ok. If the course is brining something up and you want to share that is all ok! Be mindful of blaming and shaming posts about family members etc. I understand if you get angry and what to express yourself . But ask the question like What can I do I am very angry with a relative rather than. Blaming and shaming family members as this takes away your power and impacts the energy of the group. We are EMPOWERED adults not victims.

This group is about self-empowerment not rescuing each other. This is fundamental in healing from people pleasing. We come from families where drama triangles are present so any posts which fall into victim, rescuer or persecutor and this will be called out with love to ensure you are on the path of healing and empowerment. Learn more about drama triangle here:

<https://www.heartshappiness.co.uk/podcast/episode/43292ff4/stepping-out-of-the-drama-triangle>

2. Please only respond to a post etc if you feel like you have the energy to do so. YOU and your energy is always your priority and the most important aspect of this group. If your cup is not full focus on you and not responding. If a post that breaks rule 1 but hasn't been removed yet there is no need to respond. **As it will be removed by Manpreet or admins.**
3. The vibe of this community and group is positive but real. SO we process our feelings and we create action to move forward and heal. We support each other to move forwards always in a loving and supportive manner. We take responsibility and accountability for ourselves and our healing. And we share our stories about this.
4. If you have an issue that is personal e.g with a family member, please bring to QA session ONLY each month or email questions if you can't attend. Manpreet will answer this question directly and provide next steps. Please do not reach out to community for specifics of your story as this could trigger someone else on their healing journey as we are all at different stages. Manpreet may suggest one-to-one support or other professionals and communities which suit better as well. To support individuals to move forwards.
5. This group is not a replacement for one-to-one support/therapy but a community of people on a similar journey of change who want connection with others who are breaking cycles of intergenerational trauma in their families. If the group feels like not the right fit Manpreet or admin support have the right to remove anyone who disrespects the group or rules without a refund for the package purchased.
6. It is ALWAYS ok to share your wins and celebrations no matter how small the progress.
7. It is ALWAYS ok to share tools which are working for you e.g. youtube videos, podcasts, books, types of therapy but not ok to self-promote your own products , and services unless you have permission from Manpreet.
8. This is a paid course. If a payment fails it will retry in 7 days, if the second payment fails then you will be removed from community and access to content will be revoked.
9. Always get permission before contacting members from Manpreet or admin so that both sides have given permission to have contact. Please be aware and do your due diligence before working with other members.

10. Be kind and supportive - This is a safe, inclusive space to talk honestly about our healing journey within the parameters above. Always encourage and support other members with love and kindness. Always make everyone feel welcome. Remember to take care of your own energy, value system and boundaries.
11. This is not a place to vent or rant without accountability as it is about taking responsibility and action for our own healing journey.
12. You must not post anything that breaches copyright, is defamatory, racist, discriminatory, offensive, pornographic, threatening, abusive, liable to incite hatred or a breach of privacy.
13. Any videos and resources are not to be shared with anyone outside the course.
14. Please do not sell any products or services or share any promotion materials.