# \*\*Server Rules - Sacred Space Guidelines\*\*

\*Creating a container for healing and growth\*

🛡️ \*\*These aren't just rules—they're our sacred agreements for holding space together.\*\*

This server exists because we believe in the transformative power of story, community, and authentic connection. These guidelines help us create a space where vulnerability is honored, growth is celebrated, and everyone's healing journey is respected.

## \*\*Core Principles\*\*

\*\*1. Honor the Sacred\*\*

- Treat this space, the work we do here, and each other with reverence

- Recognize that "play" and "healing" are not opposites—they're partners

- Understand that fictional experiences create real growth and real emotions

\*\*2. Consent is Everything\*\*

- No one participates in anything they haven't agreed to

- "No" is a complete sentence and is always honored

- Players can change their minds about participation at any time

\*\*3. Safety Over Story\*\*

- Individual wellbeing always takes precedence over narrative momentum

- Anyone can pause, redirect, or step away from content at any time

- We protect each other's emotional and psychological safety

## \*\*Community Standards\*\*

\*\*✅ We Welcome & Celebrate:\*\*

- All experience levels (complete newbies to veteran players)

- All backgrounds, identities, and life experiences

- All healing journeys, wherever you are in the process

- Questions, curiosity, and authentic sharing

- Vulnerability and courage in all its forms

- Different approaches to growth and self-discovery

\*\*❌ We Don't Tolerate:\*\*

- Discrimination based on identity, background, or experience level

- Judgment about someone's healing process or trauma responses

- Minimizing or dismissing someone's emotional experiences

- Pressuring anyone to share more than they're comfortable with

- Using someone's vulnerability against them

- Disrupting others' processing or healing work

## \*\*Participation Guidelines\*\*

\*\*In Games:\*\*

- \*\*Use safety tools\*\* - X-cards, pause/brake words, lines/veils as needed

- \*\*Respect boundaries\*\* - yours and others', always

- \*\*Stay present\*\* - be here for the experience and for each other

- \*\*Communicate needs\*\* - before, during, and after sessions

- \*\*Honor the process\*\* - both the story and the emotions it brings up

\*\*In Forums:\*\*

- \*\*Use content warnings\*\* for heavy topics (abuse, violence, death, addiction, etc.)

- \*\*Practice confidentiality\*\* - what's shared here stays here

- \*\*Offer support, not solutions\*\* - listen deeply before trying to fix

- \*\*Share your own experience\*\* rather than analyzing others'

- \*\*Respect processing time\*\* - not everyone needs to share immediately

\*\*In General Chat:\*\*

- \*\*Keep it connected\*\* to our community's purpose and values

- \*\*Be authentic\*\* - we're here for real connection, not performance

- \*\*Include others\*\* - help newcomers feel welcome and valued

- \*\*Practice gentleness\*\* - with yourself and others

## \*\*Content Guidelines\*\*

\*\*Encouraged Content:\*\*

- Processing emotional responses to roleplay

- Sharing breakthroughs and growth moments

- Asking for support or guidance

- Celebrating others' courage and progress

- Discussing the intersection of story and healing

- Exploring character-to-self connections

\*\*Content Requiring Warnings:\*\*

- Detailed descriptions of abuse, violence, or trauma

- Discussions of self-harm or suicidal ideation

- Explicit sexual content or situations

- Graphic depictions of death or injury

- Addiction and substance abuse themes

- Eating disorder content

\*\*Content That Needs Redirection:\*\*

- Crisis situations requiring immediate professional intervention

- Detailed therapeutic advice or diagnosis

- Content that could trigger widespread distress

- Personal attacks or harassment

- Spam, advertising, or off-topic discussions

## \*\*Safety & Crisis Protocols\*\*

\*\*If You're In Crisis:\*\*

- \*\*Your safety comes first\*\* - seek immediate professional help if needed

- \*\*Crisis resources:\*\* 988 (Suicide Prevention), 911 (emergency), Crisis Text Line (text HOME to 741741)

- \*\*Community support\*\* - we're here for you, but we're not crisis counselors

- \*\*Return when ready\*\* - the community will be here when you're stable

\*\*If Someone Else Is In Crisis:\*\*

- \*\*Encourage professional help\*\* - gently suggest appropriate resources

- \*\*Don't try to be their therapist\*\* - offer presence, not treatment

- \*\*Alert moderators\*\* if you're concerned about immediate safety

- \*\*Take care of yourself\*\* - you can't pour from an empty cup

## \*\*Moderation Philosophy\*\*

\*\*Light Touch Approach:\*\*

- \*\*Community self-regulation\*\* is preferred when possible

- \*\*Education over punishment\*\* - we help people learn our norms

- \*\*Restoration over removal\*\* - we work to repair rather than exclude

- \*\*Graduated responses\*\* - warnings, temporary restrictions, removal only when necessary

\*\*When We Intervene:\*\*

- \*\*Safety violations\*\* - anything that puts someone at risk

- \*\*Harassment or abuse\*\* - targeting individuals with harmful behavior

- \*\*Boundary violations\*\* - not respecting someone's stated limits

- \*\*Persistent disruption\*\* - repeatedly interfering with the community's purpose

## \*\*Practical Policies\*\*

\*\*Privacy & Confidentiality:\*\*

- \*\*No screenshots\*\* or sharing of conversations outside the server

- \*\*Use character names\*\* or usernames, not real names

- \*\*Keep personal details private\*\* unless someone specifically shares them

- \*\*No sharing others' stories\*\* or processing content elsewhere

\*\*Content Warnings:\*\*

- \*\*Use them liberally\*\* - better to over-warn than under-warn

- \*\*Standard format:\*\* `CW: [brief description]`

- \*\*Spoiler tags\*\* for plot points: `||spoiler text||`

- \*\*Remember:\*\* warnings help people choose their engagement level

\*\*Respectful Communication:\*\*

- \*\*"I" statements\*\* over "you" statements

- \*\*Assume positive intent\*\* while addressing impact

- \*\*Use people's chosen names/pronouns\*\* consistently

- \*\*Ask before giving advice\*\* - often people just need to be heard

## \*\*Age & Participation\*\*

\*\*18+ Community:\*\*

- \*\*All participants must be 18 or older\*\* - no exceptions

- \*\*Age verification\*\* may be required for certain content

- \*\*Mature themes\*\* are expected given the nature of shadow work

- \*\*Adult responsibility\*\* for your own participation and boundaries

## \*\*Consequences & Enforcement\*\*

\*\*Progressive Response:\*\*

1. \*\*Gentle reminder\*\* - help people learn our norms

2. \*\*Direct conversation\*\* - clarify expectations and boundaries

3. \*\*Temporary restrictions\*\* - cooling off period for repeated issues

4. \*\*Removal\*\* - for serious safety violations or persistent disruption

\*\*Appeal Process:\*\*

- \*\*Contact moderators\*\* if you feel a response was unfair

- \*\*Explain your perspective\*\* - we want to understand and learn

- \*\*Collaborative resolution\*\* - we work together to find solutions

- \*\*Learning opportunity\*\* - mistakes can become growth moments

## \*\*Remember\*\*

\*\*This is sacred work disguised as play.\*\*

These guidelines exist not to restrict you, but to create a container strong enough to hold transformation. They're our collective agreement to show up for each other's healing with intention, care, and respect.

\*\*Questions about any of these guidelines? Want clarification on something? Need help navigating a specific situation? We're here for those conversations.\*\*

---

🕯️ \*\*By participating in this server, you're agreeing to co-create sacred space with us. Thank you for being part of this healing community.\*\*