# Shadowwork TTRPG Community Intake Form

## \*\*Welcome, Divine Traveler\*\*

This form helps us create the safest possible space for your healing journey. We're not therapists, but we are committed to holding sacred space for your growth through storytelling.

\*All information is confidential and used only for session planning and safety.\*

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## \*\*Basic Information\*\*

\*\*Preferred Name/Pronouns:\*\*

\*\*Discord Username:\*\*

\*\*Age Range:\*\* □ 18-25 □ 26-35 □ 36-45 □ 46-55 □ 55+

\*\*Time Zone:\*\*

\*\*TTRPG Experience:\*\* □ Complete Newbie □ Some Experience □ Veteran Player

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## \*\*Healing Journey Context\*\*

\*\*What draws you to shadowwork through roleplay?\*\*

\*(Open text - helps us understand your intentions)\*

\*\*Are you currently in therapy or other healing work?\*\*

□ Yes □ No □ Prefer not to say

\*If yes, does your therapist know about your interest in this work?\*

□ Yes □ No □ Not applicable

\*\*How comfortable are you with intense emotional content in storytelling?\*\*

□ Very comfortable □ Somewhat comfortable □ New to this □ Prefer lighter content

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## \*\*Content Boundaries & Safety\*\*

\*\*Please check any topics you would prefer to avoid at the table:\*\*

\*(Check all that apply - no explanation needed)\*

□ Sexual violence/assault

□ Domestic violence/abuse

□ Child abuse/neglect

□ Self-harm/suicide

□ Substance abuse

□ Eating disorders

□ Medical trauma

□ Military/combat trauma

□ Religious trauma

□ LGBTQ+ discrimination

□ Racism/discrimination

□ Animal cruelty

□ Graphic violence

□ Body horror

□ Pregnancy/childbirth

□ Death of children

□ Abandonment themes

□ Betrayal themes

□ Other: \_\_\_\_\_\_\_\_\_\_\_\_

\*\*Are there specific words, phrases, or situations that might be unexpectedly triggering?\*\*

\*(Optional - helps us navigate carefully)\*

\*\*What does feeling safe in a group look like for you?\*\*

\*(Open text - helps us understand your needs)\*

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## \*\*Support Systems\*\*

\*\*Do you have support systems in place for processing difficult emotions?\*\*

□ Yes, strong support system

□ Some support available

□ Limited support

□ I'm building my support system

\*\*Are you comfortable with others knowing if you need to step away during a session?\*\*

□ Yes, transparency is fine

□ Please handle discreetly

□ I prefer to manage this privately

\*\*What helps you feel grounded when emotions get intense?\*\*

\*(Open text - helps us support you)\*

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## \*\*Communication Preferences\*\*

\*\*How do you prefer to be checked on after intense sessions?\*\*

□ Discord message within 24 hours

□ Email check-in

□ Group processing only

□ I'll reach out if needed

□ No follow-up needed

\*\*What's your preferred way to communicate concerns or needs?\*\*

□ Direct message to facilitator

□ Public group discussion

□ Anonymous feedback form

□ I struggle with direct communication

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## \*\*Boundaries & Consent\*\*

\*\*Understanding that our sessions may involve:\*\*

- Exploring difficult emotions through character play

- Witnessing others' healing journeys

- Processing challenging themes in community

- Using creative expression for emotional work

\*\*I consent to participating in this work:\*\* □ Yes

\*\*I understand this is not therapy:\*\* □ Yes

\*\*I understand I can leave sessions or the community at any time:\*\* □ Yes

\*\*I commit to respecting others' boundaries and healing journeys:\*\* □ Yes

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## \*\*Additional Information\*\*

\*\*Is there anything else you'd like us to know to better support your journey?\*\*

\*(Optional - any additional context that feels relevant)\*

\*\*What are you most hoping to gain from this experience?\*\*

\*(Open text - helps us understand your goals)\*

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## \*\*Emergency Information\*\*

\*\*If you were in emotional crisis, who would you want us to help you contact?\*\*

\*(Optional but recommended - name and relationship)\*

\*\*Are you familiar with crisis resources in your area?\*\*

□ Yes □ No □ Could use some resources

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\*Thank you for trusting us with this information. We're honored to witness your journey.\*