



Unit 1: Community Guidelines & Confidentiality

⌚ Module	Module 1: Reframing Obsession
# Unit Number	1
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Community Guidelines & Confidentiality

Module 1: Reframing Obsession | Unit 1

Welcome to Legacy Rising

You're here because you're a **cycle-breaker**. You've survived things that would have broken other people. Now you're ready to build something that matters.

This program doesn't shame. We don't fix. We don't pretend entrepreneurship is easy or that "mindset" alone will save you.

What we do: We help you redirect obsessive energy into fuel. We help you build a builder identity. We hold space for messy, non-linear transformation work.

For that to work, we need **sacred space**. Sacred space requires agreements.

The Builder's Code

These are our community agreements. They're **infrastructure for dignity**.

1. No shame, ever.

We speak with dignity, even when calling out bullshit. If you catch yourself or someone else slipping into shame language, name it and redirect.

2. Builders help builders up.

We show up for each other. If someone is struggling, we witness. We don't fix or judge—we hold space.

3. Progress over perfection.

Recovery isn't linear. Building isn't linear. You will stumble. What matters is that you keep showing up.

4. We stay in builder language.

Your tribe will enforce culture. When you hear deficit language ("I'm broken," "I'm a mess"), redirect to builder language ("I'm learning," "I'm building," "I'm figuring this out").

5. What's shared here stays here.

Confidentiality is non-negotiable. Stories shared in this space do not leave this space.

Confidentiality: What It Means, Why It Matters

Legacy Rising is a **shame-free zone**. That requires safety.

Many of you have histories that include addiction, incarceration, poverty, homelessness, mental health struggles, or family trauma. **You do not have to share any of this.** But if you do, it stays in the room.

What confidentiality means:

- Stories shared by participants do not get repeated outside the cohort
- Names, details, and identifiable information are never shared
- Screenshots, recordings, or sharing of private discussions are prohibited

- If you need to process something you heard, talk to the facilitator or use general terms ("Someone in my group shared something that resonated...")

What confidentiality does NOT cover:

- If someone discloses intent to harm themselves or others, we will connect them with support
- If someone discloses ongoing abuse of a child or vulnerable person, facilitators are mandated to report
- General themes, frameworks, and your own reflections are yours to share

Important: This program is educational. It is not therapy, addiction treatment, mental health care, or legal counsel. Facilitators are not acting as licensed providers unless explicitly credentialed elsewhere. If you need clinical support, we'll help you connect with appropriate resources.

Digital Boundaries (For Virtual/Hybrid Cohorts)

If you're participating online:

- **Use the chat for questions and reflections**, but avoid oversharing trauma details in public chat
 - **Camera on is encouraged, not required**. Do what helps you show up.
 - **Mute when not speaking** to reduce noise
 - **Breakout rooms are confidential spaces**—what's said there stays there
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What Happens If Someone Violates Confidentiality?

If confidentiality is breached, the person who violated it will be removed from the cohort immediately. No second chances.

Trust is the foundation of transformation.

Participation Expectations

This program requires showing up. Not perfectly. Not without struggle. But consistently.

Here's what we ask:

- **Attend sessions.** If you miss more than 2 sessions, we'll check in to determine whether this cohort is the right container at this time.
 - **Do the reflections.** You don't have to share everything, but you do have to engage with the material.
 - **Be honest.** If you're struggling, say so. If something isn't working, name it.
 - **Support your tribe.** Show up for your peers. Be a witness. Hold space.
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Accountability Without Shame

If you slip up—if you relapse, ghost a session, blow up at someone, or violate a boundary—**we won't shame you.**

But we will **call you back in.**

Here's what that looks like:

1. **Name what happened** (without judgment or shame language)
 2. **Acknowledge the impact** (on you, on the group, on trust)
 3. **Reset the agreement** (what do you need to show up differently?)
 4. **Move forward** (no dwelling, no punishment—clarity and re-commitment)
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Your Commitment

Before you move forward, commit to the Builder's Code:

I commit to:

- Showing up with dignity for myself and others
- Honoring confidentiality
- Using builder language
- Being honest about where I am

- Holding space for others without fixing or judging

If you can't commit to that right now, that's okay. This might not be the right time. That's not failure—that's self-awareness.

But if you're ready, **let's build.**



Builder's Code (Quick Reference)

- **No shame, ever.** We speak with dignity.
- **Builders help builders up.** We show up for each other.
- **Progress over perfection.** Recovery isn't linear.
- **We stay in builder language.** Tribe enforces culture.
- **What's shared here stays here.** Confidentiality is non-negotiable.

What's Next

Now that you understand the agreements, you're ready for **Unit 2: Understanding Grief as Transformation.**

This is where the real work begins.