Unit 1: Welcome to Module 1 - Creating Sacred Space

≔ Components	Discussion Forum Reading Video
☰ Duration	10 min
☰ Notes	Facilitator welcome video (3-5 min), Community Guidelines, Introduction forum post
☑ SOU Evidence	☑
⊙ Section	Module 1
⋇ Status	Not Started
☰ Subsection	Introduction

Overview

Duration: 10 minutes

Components: Video, Reading, Discussion Forum

This unit establishes the foundation for all Module 1 work by creating a safe, confidential container for vulnerable grief and transformation work.

Learning Objectives

- Establish a safe, confidential container for vulnerable work
- Understand how to support peers in online recovery spaces
- Practice boundaries that protect individual and collective healing

Video Content (3-5 min)

Facilitator Welcome Video

- Welcome to Module 1: Creating Sacred Space

- Why confidentiality matters for transformation work

- How to support each other in online spaces

Reading: Creating Sacred Space Online

When we gather to do transformational work around obsession, addiction, and loss, we're entering territory that requires deep trust. This program asks you to examine the parts of yourself you may have kept hidden, the patterns you're not proud of, the grief you haven't fully faced.

Core Community Agreements

1. **Confidentiality is non-negotiable.** What is shared in this space stays in this space. No screenshots, no sharing stories, no "my friend said..." Use discretion even in your own journal entries if others might read them.

2. **We speak from "I" statements.** Share your own experience rather than giving advice or diagnosing others. "When I felt obsessive, I noticed..." rather than "You should..."

3. **We hold space without fixing.** As Johann Hari notes in *Lost Connections*, one of our deepest needs is to be heard and witnessed. Sometimes the most powerful support is simply saying "I hear you" rather than trying to solve someone's problem.

4. **We honor different paths.** Some of us are in 12-step programs, some aren't. Some use medication, some don't. Some are religious, some aren't. All paths deserve respect.

5. **We recognize triggers and take responsibility.** If something shared is activating for you, it's okay to step away, mute, or reach out for support. It's not okay to police what others share about their own experience.

How to Support Each Other Online

- **Witness without judgment:** "Thank you for sharing that" carries enormous power

- **Ask before advising:** "Would you like thoughts on that, or do you just need to be heard?"

- **Celebrate progress, not perfection:** Recovery isn't linear

- **Check assumptions:** Online, we can't see facial expressions or hear tone. When in doubt, ask for clarification

- **Remember the person behind the post:** Everyone here is doing brave work

Reflection Questions

- What makes you feel safe enough to be vulnerable?

- When have you felt truly heard without being fixed?

- What boundaries do you need to protect your own recovery while supporting others?

Discussion Forum

Prompt: *"What makes you feel safe in a learning community? What do you need from your cohort to show up authentically?"*

Instructions: Post your response and read at least 2 others' posts.