

helpers GR♥UP

EVERY♥BODY KINDLY WELCOME EVERY♥BODY AND ASK f♥R a VOLUNTEER
T♥ READ THE RELATIONAL AGREEMENTS 5 MINUTES AFTER THE h♥UR

Intention of kindness. Our primary action together is acknowledging reality with the intention of kindness.

Confidentiality. We do not reveal the identities of people inside the group with people outside the group.

This group is peer-led. We are doing this all together in mutual aid where no one is hierarchically superior to another. We are all people cultivating community for benefiting survivors!

This group is for active helpers who are assisting and seeking support for people healing from torture-based mind control. This group is specifically for people engaged in helping with healing the effects of torture-based mind control and formal programming, and helping people egress active conditions. We are extremely aware of the impact of abuse, extreme abuse, and mind control on everyone, and especially those close to direct victims. That being said, that is a different group! This is a group for helping people help people deprogram and egress conditions.

It is encouraged to share from one's own experience with the intention of being helpful to others.

Feedback, options, and advice. We don't give unsolicited advice. We may feel a compulsion or the impulse to give advice. If people want feedback, they may ask for the type of feedback that they want. We may also share the feelings that come up in context of others' conditions: I feel helpless, sad, angry, hurt—but we don't tell each other what to do, unless someone is asking to be told!

Triggers. When people have DID level trauma, triggering is just the normal state of the nervous system. The number of different things that can trigger functions and programming, by design, are pretty much impossible to avoid. While we seek to be skillful and respectful together, it is necessary that we may be explicit and direct about experiences because we have nowhere else to process any of this. We are cultivating community wherein reality is not ignored, but is observed, engaged, attuned with, and responded to—as individual members we maintain agency in terms of contact with traumatic and disturbing material.

Sharing prompts:

What do you need others to see about you or understand about your experience in context of being a helper?

How can we help you help survivors today?

Is there anything that you need to ask others if they have experienced working with survivors?

What support do you need as a helper that you're not having?

What boundaries do you need? What boundaries does the survivor need?

What resourcing do you really have in abundance or what resourcing do you really feel lacking and in need?

