

## Dear Human Deep Dive Pledge of Honor

- I understand that participation in the Dear Human Deep Dive will take me into my inner world, and that the purpose of this work is to confront circumstances or events that may be blocking me from thriving. I understand that sometimes the work may be difficult.
- I understand that no program can do the work of healing for me. I am responsible for my healing and growth.
- While feeling strong feelings is to be expected with this kind of inner work, I pledge to seek help if I am feeling overwhelmed or disheartened.
- I understand that information discussed in group Zoom sessions is of a personal, sacred nature, and I pledge not to discuss anything from these sessions with others.
- I understand that I am not here to fix anyone. I pledge to refrain from offering unsolicited advice to anyone.
- I understand that I am not here to fix myself. I am here to know that I am perfect as is. My participation is intended to gain wisdom, heal myself and grow in self-love.
- I pledge to honor every part of my journey and the journeys of my fellow participants as sacred.
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