



Breaking Branches Health & Fitness LLC

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www.breakingbranches.com

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Our Circle, Our Commitment

Meeting Guidelines — Self-Help Book Club

This is a free, peer-led community space. Please read and honor these guidelines so every woman in our group feels safe, seen, and respected.

Privacy & Confidentiality

1. **What's shared in the circle stays in the circle.** Anything a member shares — personal stories, struggles, or reflections — is confidential and must not be repeated, screenshot, or discussed outside of the group.
 2. **Do not share other members' names, details, or identities** in any outside conversation, social media post, or personal discussion, even without using their name.
 3. **Respect digital privacy.** Do not record meetings, take screenshots of members, or save shared content without explicit group consent.
 4. **Your own story is yours to share.** You may share your own experience publicly, but never speak on behalf of another member.
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Respect & Inclusion

5. **Honor every voice.** We come from different backgrounds, beliefs, and life experiences. Respectful disagreement is welcome — dismissiveness is not.
6. **Speak from your own experience.** Use "I" statements ("I felt," "I noticed") rather than generalizing or speaking for others.
7. **No advice-giving unless asked.** Our role is to witness, not to fix. Resist the urge to offer solutions — instead, offer presence.

8. **No comparison or one-upping.** Someone sharing a difficult experience is not an invitation to redirect to your own. Hold space first.
 9. **Silence is welcome.** Not every moment needs to be filled. Quiet reflection is a valid form of participation.
 10. **You always have the right to pass.** No one will ever be pressured to share, respond, or participate in any activity. Showing up is enough. Suggestion: Write in a journal or share in chat if you don't want to verbally share.
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Communication & Conduct

11. **Be on time and come prepared.** Having read the assigned chapters is how we show up for ourselves *and* each other.
 12. **Minimize distractions.** Silence your phone and be as fully present as possible — whether joining virtually or in person.
 13. **Keep sharing balanced.** Be mindful of the time you take so every woman has the opportunity to speak.
 14. **Handle conflict with care.** If something said in the group bothers you, please bring it privately to the group organizer rather than addressing it in the group setting.
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Important: This Group Is Not Therapy

15. **This book club is peer-led and is not facilitated by a licensed mental health professional.** Nothing discussed in this group constitutes clinical advice, therapy, or mental health treatment.
16. **This is not a crisis support group.** If you are experiencing a mental health crisis, thoughts of self-harm, or an emergency, please contact a professional immediately:
 - **988 Suicide & Crisis Lifeline:** Call or text **988**
 - **Crisis Text Line:** Text **HOME** to **741741**
 - **Emergency Services:** Call **911**
17. **We strongly encourage every member to have or pursue outside support.** A therapist, counselor, or trusted mental health professional can offer what a peer group cannot — and there is no shame in seeking that support. This group is a complement to, not a replacement for, professional care.

18. **If a topic feels too heavy for you personally,** it is always okay to step back, step away, or reach out to a professional. Your well-being comes first, always.

Our Shared Intention

We are a community of women committed to growth, honesty, and kindness — toward each other and toward ourselves. These guidelines exist not to restrict us, but to protect the trust that makes real conversation possible.

By participating in this group, you agree to honor these guidelines for the benefit of every woman in our circle.