

# Pre-Container Consent Form

## Welcome. Before we begin, please read this carefully.

This experience involves emotional exploration, nervous system awareness, and group-based relational work. The goal is **growth**, not comfort; **attunement**, not perfection; **agency**, not dependency.

This is not therapy.

This is not a promise of safety.

This is not a rescue container.

This is an invitation into **adult sovereignty**.

By signing this, you acknowledge and agree to the following:

### 1. THIS IS NOT THERAPY.

I understand that:

- This experience is educational and experiential in nature.
- Nima is acting as a teacher and coach, **not** a therapist or mental health provider.
- No diagnosis, treatment, or clinical intervention is being offered.

I take full responsibility for consulting with a licensed clinician for any mental health concerns.

### 2. NO GUARANTEE OF "SAFETY" — ONLY ATTUNEMENT.

I understand:

- No facilitator can guarantee that a space is "safe."
- At times, I may feel challenged, activated, or uncomfortable.
- "Activation" does not equal "harm."

Nima commits to attunement, pacing, and responsiveness — **not to eliminating all discomfort or triggers.**

### 3. I AM THE FINAL AUTHORITY ON MY INNER EXPERIENCE.

I understand:

- I am the expert on my body, my sensations, and my emotional truth.
- If something does not resonate or feels inaccurate, I can say:
  - "No."
  - "That doesn't land."
  - "Pause."
  - "I want to stop."
  - "I need a break."

And this will be respected.

### 4. I AGREE TO CLEAR, HONEST COMMUNICATION.

I agree to:

- Name what is happening in my body when possible.
- Speak up if I feel overwhelmed, confused, or misattuned to.
- Let the facilitator know if I need a pause, break, or boundary.

## 5. SILENCE DOES NOT MEAN CONSENT.

I understand that:

### **Silence does *not* mean yes.**

If I do not verbally or physically indicate that I want to go deeper, or if I become quiet, still, frozen, confused, or uncertain,

**this does NOT count as consent to continue.**

I am responsible for letting the facilitator know *out loud* if something feels unclear, overwhelming, or like I need to pause, slow down, or stop.

If I go quiet, freeze, fawn, or mentally check out, the facilitator will *not* interpret that as agreement to proceed.

## 6. GROUP SHARES ARE CONSENSUAL AND OPTIONAL.

I understand:

- I never have to share anything out loud.
- If invited to participate, I may say **yes or no** without explanation.
- Declining is not considered resistance.

If I share publicly, I am choosing that exposure knowingly.

## 7. DEMO WORK REQUIRES ACTIVE AGENCY — NOT APPEASEMENT.

I understand:

- I will only be invited into deeper work if my nervous system shows capacity.
- Freeze, fawn, collapse, or confusion are **not** green lights for shadow work.
- I will never be pressured to go deeper than I choose.

I commit to participating from **agency**, not urgency or people-pleasing.

## 8. TRIGGERING OR CHALLENGING MOMENTS MAY ARISE.

I understand:

- I may feel discomfort, defensiveness, shame, frustration, or activation.
- These sensations are normal and often productive in relational work.
- Discomfort is not grounds for refund or accusation of harm.

I take full responsibility for my emotional reactions and regulation.

## 9. I AGREE NOT TO PROJECT A “SAVIOR / SAFE FATHER” ROLE ONTO THE FACILITATOR.

I understand:

- The facilitator is human, imperfect, and not responsible for fulfilling unmet childhood needs.
- I will not idealize or demonize the facilitator based on activation or disappointment.
- I am responsible for maintaining an adult-to-adult relating stance.

## 10. I HOLD CONFIDENTIALITY FOR OTHER PARTICIPANTS.

I will not share:

- any personal details
- any stories
- any identities
- any emotional revelations



from other participants or the event.

**11. I ACCEPT THE REFUND POLICY.**

I understand that:

- There are **no refunds after the event begins**, except for technical issues that prevent attendance.
- Emotional discomfort, disagreement, activation, or non-resonance are not grounds for refund.

I choose to participate with full awareness of this policy.

**12. I AM RESPONSIBLE FOR MY WELLBEING DURING AND AFTER THE EVENT.**

I agree to:

- take breaks when needed
- use grounding tools
- seek external support if activated after the event
- take responsibility for integration

I do not hold the facilitator liable for emotional discomfort arising from my own internal process.

**13. I ENTER THIS EXPERIENCE VOLUNTARILY AND FROM A PLACE OF AGENCY.**

By signing this, I affirm:

- I am not enrolling from desperation, urgency, or emotional collapse.
- I am choosing this container from personal sovereignty.
- I am not expecting to be fixed, rescued, saved, or re-parented.

I am entering as an empowered adult.

**Signature Section**

**I have read, understood, and agree to all terms in this Participant Agreement & Consent Form.**

X \_\_\_\_\_

# Signature Certificate

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## Audit

Pre-Container Consent Form Uploaded by Saima  
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This audit trail report provides a detailed record of the online activity and events recorded for this contract.

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