

FOUNDATIONS OF WELL-BEING

Forum Terms of Use

We are delighted to welcome you to the Foundations of Well-Being forum!

These Terms of Use establish common sense guidelines for appropriate behavior on the forum. By entering the forum – whether to read the posts of others or offer your own – you agree to these Terms of Use. So please read them now.

In general, the forum is not moderated. We expect that Foundations program participants will express themselves in ways that are well-intended and civil. The person who posts a comment is responsible for it, not the Foundations program or its staff. If you follow any advice offered by others on the forum, download any materials posted to it, or arrange to meet anyone personally through it (or related chats), you take full responsibility for doing so.

We reserve the right to step into the forum and make comments ourselves, to edit or remove posts at our sole discretion, and to de-register a person from the program if he or she does not abide by the forum Terms of Use.

Please do:

- Express yourself in ways that are well-intended and civil.
- Respect other Foundations program participants – including (and especially) those who may have life experiences and perspectives that differ from your own. Before commenting on the posts of others, ask yourself, “Would I say this to the other person’s face?”
- Share your personal experiences and insights from the program.
- Offer ways to use methods or ideas from the Foundations program for different settings, groups, issues, or purposes, such as workplaces, children, mindfulness training, addiction and recovery, psychotherapy, anxiety, teens, spiritual practice, creativity, etc.
- Post threads in the relevant section on the forum. Check to see if a thread or discussion topic already exists before starting a new one. Stay on track when commenting in a thread. If you’d like to go off-topic, please start a new thread (if one doesn’t already exist).
- [Tell us](#) if you’d like to suggest a new section on the forum, or if you have any questions or comments about it.
- Recognize that your posts to the forum may not be confidential. While we tell people not to share the forum posts of others with anyone outside of the Foundations program—and we will de-register a participant who causes harms in this way—it is simply impossible to guarantee that no one will ever do this. This is the nature of any online forum. In particular, the nickname you chose when you registered for the program is viewable by others in the forum; if you want to preserve your anonymity in the program, don’t pick a nickname that could identify you; if you want to change your nickname, just go to your account page [LINK]. Also, while we’ve worked hard to create a website with strong privacy features, in principle any website “walls” can be breached. So please take care of yourself in what you say.

Please do not:

- Share the the forum posts of others with anyone outside of the Foundations program. We will de-register a participant who causes harms in this way.
- Use language that is obscene or patently offensive; racist, sexist, or otherwise discriminatory or intimidating; harassing, abusive, or threatening; libelous or defamatory.
- Mislead others, such as by impersonating someone else.
- Provoke others to create a heated discussion (“trolling”), or engage in personal attacks.
- Post links to malware or piracy sites.
- Use the forum for advertising or promoting your own products, services, organization, or causes. If you think that something could be of interest to others – such as a handout for a stress management program at work, an inspiring YouTube video about gratitude, or a way that you have found to teach self-compassion to children – please ask them if they are interested before posting this information.
- Solicit donations (however well-intended).
- Post thread titles or comments in ALL CAPS. (This is like shouting.)