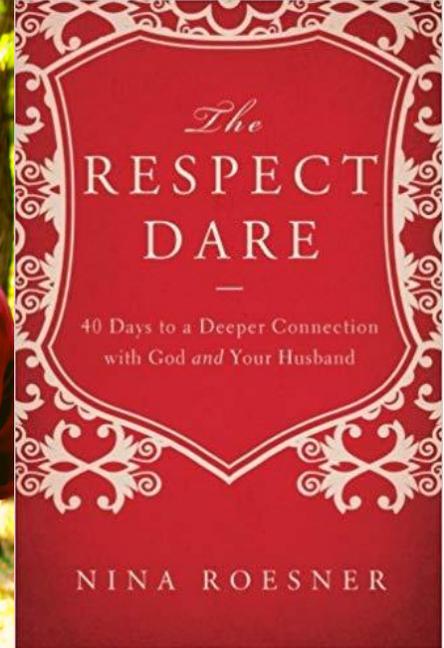




WOMEN OF
STRENGTH &
Dignity

turn conflict into connection
deflate defensiveness
rethink respect



Hey gorgeous!

I know you are eager to get moving in the class – And we can't wait! Before we get started, I want to familiarize you with our group's "rules" and how things work.

You have signed up for the *Strength & Dignity*® eCourse. This is a subscription-based online course with trained mentors, video teaching, webinars, and an online support community. There used to be two separate eCourses (*Strength & Dignity* and *The Respect Dare*), but we found ourselves teaching each group the other's material and many women signed up for both classes – so we combined them.

Today, via email, you'll get the first Unit. It will also be posted in the online Facebook® forum, but you have to work through a few things before you join us there. Here's why: the atmosphere in the class is really important. You need to know what's expected of you before you join us. If you don't think you can do this, I understand, and we will refund your money.

You see, we're a little different than some other groups you may have participated in before...

And I've been using this method of training since 1991 – so we know what works – and it's probably not like anything you are used to. So I'm going to ask you to trust us and follow the rules.

Know upfront that we expect you to read all of this, because participating here is a choice you make – so get ready for the full disclosure on what’s what! Don’t just skim through these, assuming you know the drill.

Here’s what we want this environment to be:

- **Confidential & Safe** – we have made the group “private” so no one can see what you post or comment, but they can see you are in it, but remember, this is the internet. We ask that by participating you are committing to providing a safe, confidential environment for the women there. This means:
 - Create a Facebook® account if you have a joint account with your husband – it makes some of the women feel unsafe to think men might be in the class. We understand that you and your husband may have agreed upon sharing social media, but the other women didn’t make that agreement, so let us know if we need to refund your money.
 - If you are concerned about your own identity, please create another Facebook® account for yourself with an alias.
 - Sharing group content in a way that identifies individuals will result in dismissal and being banned from the group. But we’re also not a cult! Feel free to discuss what you learn, but not in a way that reveals the identity of others.
 - The mentors and I also have families, so please respect these things for us, too.
- **Positive & Respectful** – That means don’t “husband bash!” Here’s why – everyone here is in the class because they want to reconcile their marriages, become women of strength and dignity, learn to set healthy boundaries, and have healthier interactions with their husband and children. If you “pile on” and verbally disparage a woman’s husband, that is only

reinforcing that he is “the bad guy” and she is a “victim.” While we believe abuse happens, and we know people are damaged by it, we ALSO believe ascribing labels is divisive and damaging to the current relationship and the future relationship within a marriage. Division is the calling card of the enemy, so please don't be useful to him.

Remember that the men in these relationships are also hurting, and it's been our experience that most of the time, they just don't know what to do. Let's not slander, and let's give the benefit of the doubt. I believe taking a step to ascribe a motive of evil to any man (often one who says he loves Jesus) is a step toward divorce.

You may also not disparage your own husband. Use “I-language” instead of “he-language” when talking about how you feel.

- **Focused & Mature** – This means when a mentor or I post a question, *you respond to the question – you don't use the question as an opportunity to spin up conversation around your issue and derail the class with it.* If you have something you want to say or a separate question, create a post or put it in the prayer requests. Be patient while we take a day or two to look at posts before permitting them or asking you for a rewrite.
- **Understanding & Without Causing Offense** – This means we validate feelings and DO NOT GIVE ADVICE NOR CRITICIZE unless you are on the “other side” of an issue AND a class member is asking for it. And even then, prayerfully ask God whether you should share your experience. A lot of times, we want to love by “fixing” someone else's situation, but many times, we miss the opportunity to truly help because we do not meet them where they are and sit with them in their pain. We actually help people stay “stuck” by arguing with them about how they feel – even if we don't agree with how they feel, we need to understand it before we can help them see anything beyond their own pain.

Please don't get in the way of growth by giving advice, pointing out fault, or failing to validate and instead, just allow people to be where they are. Jesus helped those who wanted help and He wasn't demeaning in the way He dealt with people. Let me know if you have questions.

Also know our mentors aren't going to see everything, so if you report another class member for violating the rules, be very specific about where the post is.

- **Accept your role as a class member** – this means you realize you are taking the class, not leading it. Please also be aware that the mentors' roles are as trained Titus 2 women, meaning they are sharing hard-earned, proven wisdom according to our methods, which they have been trained in.

If you are a class member, you are NOT a mentor.

Sharing advice in the class is generally not wise – if you are met with great success in your marriage over a consistent and extended period of time, we would love to have you prayerfully consider whether God is calling you to our mentor team. If you apply and are then accepted, you will receive training in how we do things, and you will be expected to follow those methods.

It is unwise and often foolish to offer advice when you are taking the class. Think twice before doing so. *Giving encouragement is different – it is fine to share how God has changed YOUR marriage, but do so with the caveat of "I'm not sure this would even work for you, but here's what God did in my situation,"* and don't make the mistake of thinking you fully understand someone else's circumstance or know the methods well enough to tell someone what they should do in a situation. You don't want to cause damage and potentially lead a sister astray.

- **Avoiding Negativity** – this means comments are to avoid being discouraging, diminishing, dismissive, discounting, directive,

judgmental, complaining or critical. Again, advice is given ONLY with successful experience AND if requested, with the understanding that you may not know what your sister should do.

- **A Place to Give His Love** – this means the forum is designed to provide encouragement, patience, kindness, gentleness, hope, peace, protection, and safety, while speaking God's truth in love as the mentors and I feel led. We'll be responding to questions, talking about our own journey, praying for each other, praising God, and encouraging our sisters as we walk this difficult path together. We see growth occur as a result.

I don't mean to be controlling, but **you are NOT allowed to post or comment suggesting outside materials without permission.** There are things out there that literally look awesome on the surface, like they are just what is needed for certain situations, and then we learn the outcomes for saving a marriage is 2-8% or less. We also don't want to clutter up the class with excessive additional posts – again, as a class member you are taking the class, not leading it. You may suggest a music video or inspirational image to a mentor if you feel strongly led and let her know that.

Know we usually don't take down comments – unless they are detrimental to the environment we want in the class. We'll usually ask you to rewrite something. Know that if you violate the rules, we will usually private message you about this, and if you don't respond, let you know in the thread itself. We reserve the right to take down a comment and ban you from contributing to the class if your comments are hostile, judgmental, complaining, husband-bashing, or not using I-language.

These rules will actually help you develop skills in communicating with your husband.

NOTE: Given the uncontrollable and variable nature of the Holy Spirit and the inability to deeply and completely with 100% certainty know the will of God, we do NOT provide you with any guarantees that anything you do or do not do will or will not have a positive effect on

your life and/or your marriage. We promise only to share what we have seen and give you a place to interact with others. You participate in anything suggested here at your own risk. If you are in a marriage where there is physical abuse of you, your husband, or your children, please know this is wrong, and that those who are being harmed should be protected and get to safety. Also be aware that depending on the nature of the physical violence, the most dangerous time for a woman is when she leaves. Some states and countries determine that women leaving children is "abandonment," and some determine that taking them with when leaving is "abduction." Check the laws in your state and follow the leading of the Holy Spirit. All of the participants, volunteers of Greater Impact Ministries, forum admins and mentors are to be held harmless for any negative outcomes in your life that you attribute to participating here in any way. Your participation in the class forum communicates your agreement to all these things and compliance with class rules.

Our main job is to keep turning you back to Him – and in doing so, He will direct your path better than we ever could.

Be aware of this, also – while we don't take responsibility for anything negative, we also don't take credit for anything positive, either. What God chooses to do or allow is between Him and you, and any good can be 100% attributed to the Creator, His Holy Spirit, and Jesus Christ, which we believe are One.

Love to you,

Nina