

Chat Room Guidelines

Respect

Respect and treat others in the same manner that you'd like to be treated. All members are held to the same rules and policies of the community.

Mistakes

Everyone makes mistakes. People post things in a chat that may be inaccurate, or said in the heat of the moment. Be forgiving when it comes to these mistakes. Flaming a person or laughing at them doesn't do anything except anger someone else; it's not productive. The day will come when you make a mistake.

Opinion

Everyone has their own opinion. The people you interact with in a community come from all walks of life, many different religions and beliefs, different family income levels, different points of view on many of today's hot topics of discussion. In a nutshell, each person is entitled to his or her own opinion. Discussion about it is the best thing to do, after all that's what communities are for. If it turns into some kind of sparring match, agree to disagree and move on.

Sharing of Information and Privacy

Chat rooms are a place where people will feel comfortable sharing information about themselves and their personal lives, but you should be careful of sharing your address, telephone number, IP provider, social security number, or other identifying details. Global State of Mind is not responsible for violations of anonymity resulting from any information you reveal. If you would not walk up to a stranger and tell them where you live or where your kids go to school, don't do it online.

Everyone has the right to privacy. Posting personal information about another member is completely inappropriate, and may result in the member being banned.

Private issues between two people should be left as that, private. Discussion of these types of things should be taken to private message or somewhere else that is not viewable by the public.

Do not ask about other members within the rooms. If you wish to ask if someone has been in the rooms recently, please PM someone to do so.

Safety and Discomfort

Discomfort offers us the opportunity to practice being aware of how we are feeling, how we deal with those feelings of discomfort, and how we can handle conflict in a healthy fashion. There are many positives to be found within this process, including patience and the practice of humility.

Stepping back, not taking it personally, speaking about it directly in pm are a few of the ways we can deal with discomfort or conflict. Using 'principles above personalities' and 'keeping the focus on ourselves' are also good reminders.

Site Guidelines 9: If something/someone in the chat upsets you or triggers you, feel free to hit 'ignore', leave and take care of yourself FIRST.

Site Guidelines 11: Should you have a disagreement or conflict with another member, don't discuss it in the chat room. Try to resolve the problem in private message and in a civil manner. If this is not possible, contact a Room Guide and ask for assistance.

Room Guides

Online communities are great social networks and for globalstateofmind.com particularly, it is a great recovery forum. Online forums have rules and guidelines (there are links on our home page) that everyone agrees to when they become a member.

Yet as our site attracts many new great people, there are times we will attract the rare person whose intent is to incite problems and conflicts (either willfully or not.) To help address these issues, our room

guides and as we evolve our meeting chairs, will be wearing purple in the listing of the names when they are available to help with issues.

They are NOT here to babysit, tell you what to say or NOT say, they are here as a resource for you. They have an additional set of guidelines to follow. For those with past history with moderators on other sites, please let the past go.

Administrators have other privileges along with responsibilities. We can log on invisible as we see to other admin tasks to be performed. Rarely do we have time to "spy" nor do we have the desire to do so.

That being said, realize that ANYTHING said in cyberspace is vulnerable. An email I sent to a friend 15 years ago is still floating out there in cyberspace...shakes head...ok, it was from Stephen King to me (((namedropper))). My former employer had a keystroke recorder on our computers. A good rule of thumb, if you wouldn't say it to someone's face, ask yourself WHY are you saying it.

If you have ANY concerns about Administrative matters, please let either Amarjah at globalstateofmind.com or Angelbright (in the rooms) know.

General Guidelines

1. Globalstateofmind.com chat room is accessible to everyone who registers (including minors). As such, adult-oriented/related topics are discouraged.
2. Chat rooms are a place where people will feel comfortable sharing information about themselves and their personal lives, but you should be careful of sharing your address, telephone number, IP provider, social security number, or other identifying details. Global State of Mind is not responsible for violations of anonymity resulting from any information you reveal. If you would not walk up to a stranger and tell them where you live or where your kids go to school, don't do it online.
3. As a matter of courtesy, please avoid chatting in ALL CAPITAL LETTERS as it is generally considered as shouting.
4. If you plan to leave your computer, please exit the chat room. If you are absent for more than 30 minutes, the room timer will expel you automatically.
5. Impersonation of anyone in the chat room is strictly prohibited. **(Violators may be Banned w/o Warning)**
6. Threatening, harassment, swearing, profanity, flaming, flooding, or general rudeness will not be tolerated. **(Violators may be Banned w/o Warning)**
7. Use of scripts or special characters that annoy or unnecessarily add text to the room is usually considered flooding.
8. If you plan of speaking of anything that may be triggering, warn the members first and give them the possibility to exit the chat if they are not feeling safe.
9. If something/someone in the chat upsets you or triggers you, feel free to hit 'ignore', leave and take care of yourself FIRST. However, please don't leave without logging off.
10. Please be patient and kind with one another and don't try to tell your story over someone else.
11. Should you have a disagreement or conflict with another member, don't discuss it in the chat room. Try to resolve the problem in private message and in a civil manner. If this is not possible, contact a Room Guide and ask for assistance.
12. Any conflict between or among users must be settled using the private message feature of the chat room. Private messaging can be triggered by clicking on chatter's nickname.

13. Do not pressure members to chat privately.
14. Support and healing have the priority in chat. If a member asks for support or wish to talk about her/his struggles, please don't ignore her/him just because you are having a good time and/or are discussing lighter topics.
15. Keep in mind that we are all behind computers here and are only able to offer support, comfort, and at times guidance. Under no circumstances is chat to be used as a substitute for professional help. If you are in crisis, self-harming, or thinking of suicide, please contact the police, or a local hotline.
16. Questioning the actions of the Room Guide in the **main** chat room is discouraged. Any complaints or concerns regarding Room Guide abuse must be sent directly to the chat room administration via globalstateofmind@gmail.com. Room Guide complaint must include a screenshot, transcript/log, or at the very least, a description of the events being reported and the name(s) of the Room Guide(s) involved.
17. If you have concerns about the chat conducted within a room, please request a private message with a Room Guide.
18. Chatters who have been warned, kicked or banned will be encouraged to make amends to the room, and to those whom they have offended. Banned chatters may appeal their ban to globalstateofmind@gmail.com.
19. Room Guides are subject to the general chat room guidelines. Any Room Guide found to be violating the chat room guidelines will be stripped of Room Guide status without notice.

**“We can say what we mean only if we have the courage
to be honest
with ourselves and with others”**
~ The Dilemma of the Alcoholic Marriage

Warnings and Banning

Warnings and notification of ban will be sent directly to the member, with a copy sent to the administration team. Meeting chairs will be notified of any warnings or bans issued.

1st offense Warning – Warning (direct chatter to chat room guidelines)
2nd offense Warning – Kick (must state specific guideline being violated)
3rd offense Warning – Ban of 24 hours (must state specific guideline being violated)
4th offense Ban – Permanent Ban from chat room for one year.
This decision is made in consultation with the administration team.

Violations should include a screenshot or at the very least, a description of the events being reported and the name(s) of the member(s) involved.

Chatters who have received their 3rd warning will have one year from the date of this warning to remain offense free before their record is cleared.

Chatters who have been warned, kicked or banned will be encouraged to make amends to the room, and to those whom they have offended. Banned chatters may appeal their ban to [here](#).

Room Guides are subject to the general chat room guidelines. Any Room Guide found to be violating the chat room guidelines will be stripped of Room Guide status without notice.