

Self-Love Diet (SLD) E-Course: *Building the Foundation for Self-Love*

Private Facebook Group Posting Guidelines

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Private Facebook Group Posting Guidelines

Throughout this e-course you will be writing in your own SLD journal, as well as sharing your reflections on the Private SLD Facebook group.

In this guide we will review:

- How self-love writing can be used to enhance your SLD practice
- The Facebook group privacy settings
- The posting guidelines on the Private SLD Facebook group
- When you begin the e-course, on day 1, you will receive video tutorials on navigating the Private Facebook group – showing how to use it from a technical point of view, as well as showing examples of how to post and ideas for posts.

How Self-Love Writing Can Enhance Your SLD Practice

Writing is a window into your soul. Writing has a magic that bypasses grammatical rules and punctuation. I distinctly remember the first time I wrote because I desperately wanted to eat, but knew I wasn't physically hungry.

I was an intern counselor and was leading a support group for emotional eaters. I took my own advice that night and started writing. I didn't know what would flow from my pen, but I started anyway.

My inner wisdom presented itself on the lined paper. It told me, "You're not hungry. You're tired. Those bowls of cereal are not satisfying because what you really want right now is to go to bed and be held in your husband's arms. You are seeking love and comfort."

As you embark on your Self-Love Diet journey, you will be focusing on embracing all of yourself, those parts you love easily, and those parts that you don't. Writing will help you do that, and is a one way to discover the many aspects of you.

The SLD Facebook Group Privacy Settings

When we tested the e-course, people told us that what they posted in the SLD Private Facebook group showed up in their newsfeed and they didn't feel comfortable posting because they didn't want their posts to be public.

Your Facebook newsfeed is unique to you. For example, if you have ten friends, you liked 5 pages and you are a part of 2 groups, then when you login to Facebook, in your newsfeed, you will see posts from your Facebook network: your friends, the pages you liked and the groups you're a part of.

Your Facebook friends don't see your newsfeed. Their newsfeed is unique to them and is made up of posts from their friends, the Facebook pages they have liked and the groups that they are a part of.

We created the SLD Private Facebook group as a secret group. There are three Facebook group settings: Public, Closed and Secret.

The Secret privacy setting means that only members in the group can see what is posted in the group, and only members can see who else is in the group.

We have an image below from Facebook, highlighting the Secret group privacy settings. We took the image directly from Facebook; here is the link (<https://www.facebook.com/help/220336891328465>).

Private Facebook Group Posting Guidelines

What are the privacy options for groups?

There are 3 privacy options for groups: **Public**, **Closed** and **Secret**. The table below shows who can join these groups and what people can see about them.

	Public	Closed	Secret
Who can join?	Anyone can join or be added or invited by a member	Anyone can ask to join or be added or invited by a member	Anyone, but they have to be added or invited by a member
Who can see the group's name?	Anyone	Anyone	Current and former members
Who can see who's in the group?	Anyone	Anyone	Only current members
Who can see the group description?	Anyone	Anyone	Current and former members
Who can see the group tags?	Anyone	Anyone	Current and former members
Who can see what members post in the group?	Anyone	Only current members	Only current members
Who can find the group in search?	Anyone	Anyone	Current and former members
Who can see stories about the group on Facebook (like in News Feed and search)?	Anyone	Only current members	Only current members

Anybody outside of the group cannot find the group by searching for it on Facebook. They won't be able to find the group name in a search. They won't be able to see who the members are, and they won't be able to find any of the posts. To anybody outside of the group, it's like the SLD Private Facebook group doesn't exist.

The SLD Private Facebook group is exclusively for people in the *Building the Foundation for Self-Love* e-course.

The Posting Guidelines on the Private SLD Facebook Group

Safety through Confidentiality – The private Facebook group is a safe place for you and others to share your experiences and to develop your Self-Love Diet practice. Confidentiality ensures the safety of this private SLD group. By joining and interacting with the Facebook group you are agreeing to our confidentiality terms. What is shared in this group stays in this group. Outside of the group you can share your own experience with other people, but you cannot share other members' experiences.

A Support Network, Not Therapy – If you find that you are needing extra support along your journey, please seek professional help along with the support you gain from the e-course and the people in your private SLD Facebook group. This is a support group and does not take the place of professional therapy.

Empathy vs. Advice Giving – When you are responding to people who share their experiences on the SLD private Facebook group, it can be easy to fall into the "fix it" response mode. Instead of offering advice, share your experiences and respond from a place of empathy. For example, if somebody says, "I'm still overeating. I'm not hungry, but I can't seem to stop!" Instead of saying, "Oh, why don't you do X?" You can say something like, "Wow, I can hear that's really hard for you." Watch this short video exploring more examples of empathy vs. sympathy.

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Fat Talk and Self-Criticism Not Allowed – When you become conscious of your thoughts, you may notice negative thought patterns that you repeat over and over again. An example of fat talk would be, "I'm so fat!" Fat talk is not productive, nor is it true. You are not fat. You have fat in your body, but fat does not define the complexity of who you are. If you say, "I feel so fat today," remember that fat is not an emotion. When you focus on fat talk, or other self-criticisms ("I'm so dumb! I can't believe I said that!") – It distracts you from the actual issue that you are unsatisfied with. Instead of focusing on self-criticisms, you can look at the issues you are struggling with through the lens of self-love.

In the SLD private Facebook group, some of the prompts will ask you to notice, catch and confront your negative thoughts. It is okay, and helpful, to explore those thoughts in a self-love context, deconstructing them, challenging them and replacing them.

The Guiding Question: What Would Love Do? – Whenever you are uncertain of an action to take or if you are writing through the lens of the SLD, ask yourself, "What would love do?" This question can help you stay on the Self-Love Diet path.

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Be Mindful to Not Share Triggering Content – Be mindful of what you share. For example, we will not be sharing numbers on the SLD Private Facebook group; sharing your weight, calories or BMI could be triggering for other members and it brings the focus back to weight loss and traditional dieting, which is not the focus of this group. We have redefined the word diet to mean regularly offering yourself love. The Self-Love Diet expands on the traditional two-prong diet, which focuses on food and exercise, by focusing instead on the 7 paths of SLD: spirit, body, mind and emotions, relationships, culture and world. The SLD is a holistic approach to health. The 7 paths positively impact your ability to love yourself, others and the world.

What Do I Write on the SLD Private Facebook Group? – With our test group, some people weren't sure what to write, and from that we made some great changes to the SLD Private Facebook group. All of the writing assignments that you receive via email, we will also post on the SLD private Facebook group. We've created Facebook documents for each reflection day, reviewing the writing assignments you've done, as well as including additional reflection questions. We'll go over this in the video tutorial about navigating the SLD private Facebook group.

You can share some of the writing you have already written from the Self-Love Diet writing assignments. You can also answer the additional reflection questions. The Sunday SLD private Facebook group check-ins are a space for you to reflect on the past week's work and to further process it with others on their own self-love journey. You can share your reflections. You can ask questions. You can start conversations. Use this Facebook group as your support network.

How Do I Know What Is Triggering Content and Not? – As long as you're sharing from a focus of regularly offering yourself love – the content should be encouraging. Because you will be exploring both the light and dark aspects of yourself, instead of focusing on examples of how you practiced non-loving thoughts or self-harming behaviors, which can be triggering, you can instead focus on your experience of how you are using the Self-Love Diet tools to navigate through those experiences with love and compassion.

When Can I Post on the SLD Private Facebook Group? – You don't have to wait until Sunday to post to the SLD private Facebook Group. You can post on any day. On one day, you'll be asked to create a picture or collage of your inner critic. You can post a picture of what you created on the SLD private Facebook group. On another day, we ask you to go out into nature; you can share a picture or video of your surroundings. If you're going through your day and did something self-loving, you can share it on the SLD private Facebook group. If you're working through processing one of the reading assignments, you can share your thoughts. If you're doing one of the self-love action assignments, like setting up your table like you're an important guest, you can post about that. You do not have to wait till the Sunday Reflection day. Any day you're processing the lessons of the SLD e-course, you can share it on the SLD private Facebook group.

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We're excited for you to join us and the other members on your Self-Love Diet journey!

Blessings,

Michelle E. Minero, MFT and Emelina Minero

www.theselflovediet.com | www.lovewarriorcommunity.com |
michelle@selflovediet.org