



***The Seven Sanctuary Commitments are a set of values that Sanctuary outlines as a way to lead individuals and organizations away from trauma-reactive behaviors.***

**Commitment to Nonviolence:** building and modeling safety skills

**Commitment to Emotional Intelligence:** teaching and modeling affect management skills

**Commitment to Social Learning:** building and modeling cognitive skills

**Commitment to Democracy:** creating and modeling civic skills of self-control, self-discipline, and administration of healthy authority

**Commitment to Open Communication:** overcoming barriers to healthy communication, reduce acting-out, enhance self-protective and self-correcting skills, teach healthy boundaries

**Commitment to Social Responsibility:** rebuilding social connection skills, establish healthy attachment relationships

**Commitment to Growth and Change:** restoring hope, meaning, purpose

