

The Seven Sanctuary Commitments

The set of values that Sanctuary outlines as a way to lead Anglicare communities toward relationships and skills that build resiliency are called the Seven Sanctuary Commitments.

Commitment to Growth and Change: Encouraging hope, meaning and purpose.

Commitment to Open Communication: Enhancing self – correcting skills, teaching healthy boundaries.

Commitment to Democracy: Building a community where each person’s opinion and voice is heard.

Commitment to Nonviolence: Building and modelling safety skills

Commitment to Emotional Intelligence: Recognising, respecting and managing feelings

Commitment to Social Responsibility: Building social connections, skills and healthy attachments.

Commitment to Social Learning: Building and modelling cognitive skills.

These commitments allow us to shape environments that build resilience:

Growth and Change	We commit to an environment that prevents and/or repairs experiences of feeling paralysed by experiences or afraid to try new things.
Open Communication	We commit to an environment that prevents and/or repairs experiences of secrecy. This commitment creates a community that tolerates expression of emotions and agrees to resolve issues rather than ignore them or gossip.
Democracy	We commit to an environment that prevents and /or repairs experiences of helplessness or voicelessness.
Nonviolence	We commit to an environment that prevents and/or repairs the experiences of violence: Physical, psychological, social and moral
Emotional Intelligence	We commit to an environment that prevents and/or repairs experiences of insensitivity and disrespect regarding behaviours or feelings.
Social Responsibility	We commit to an environment that prevents and/or repairs experiences of injustice. This commitment focuses on building a community in which people feel a sense of responsibility to each other and are held accountable for their actions.
Social Learning	We commit to an environment that prevents and/or repairs experiences of isolation as a way to self-protect or repeat patterns of thinking and behaviour. This commitment mitigates the isolating effects of shame by viewing mistakes as positive learning opportunities.

