

Privacy Policy

We value your trust and privacy.

All personal information shared on *Embrace Your Trauma* — including email addresses, personal stories, or contact messages — is kept strictly confidential and will never be sold or shared with third parties.

We only collect the information necessary to provide you with updates, newsletters, and meaningful content. You may unsubscribe or request the deletion of your data at any time.

By using this site, you agree to our respectful and secure handling of your information.

If you have any questions or concerns, feel free to contact us at embraceyourtrauma@gmail.com.

Terms and Conditions

By accessing and using *Embrace Your Trauma*, you agree to the following terms:

1. This platform is intended for personal growth, education, and community support. It is not a substitute for professional medical, psychological, or therapeutic advice.

2. You may share your experiences, but all contributions must be respectful, truthful, and free of harmful, abusive, or discriminatory language.
3. We reserve the right to moderate or remove any content that compromises the safety or integrity of this space.
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Please use this space with care, kindness, and integrity.

Use this space with care, kindness, and responsibility.