

Keeping Commitments Buddies Program, October 2024

The Keeping Commitments Buddies program offers support through accountability for participants in keeping their stated commitment.

The privileged environment is the cornerstone of our practice. These guidelines and program requirements are intended to assist us all in maintaining the privileged environment.

Program Elements

The duration of the program is one quarter. You choose a commitment to practice with. You may change your commitment any time during the quarter.

You will be assigned a Buddy, to whom you will send one commitment text per day, saying whether or not you met your commitment on that day. Your Buddy will reply with “Gasshō” to acknowledge receiving the commitment text. If no text is received, the Buddy will send a text stating “A text was not received. Gasshō”.

You will also act as a Buddy for another participant. That person will send one commitment text to you per day. You will reply with “Gasshō” to acknowledge receiving the text. If no text is received, you will send a text stating “A text was not received. Gasshō”.

Program Logistics

The First Day of the Program

1. On the morning of the first day of the quarter, the program will send an email with the first names and phone numbers of the participants with whom you will be texting for the quarter.

Example:

Dear Beryl,

*You will be **sending** your commitment texts to Charlie, 888-555-1234.*

*You will be **receiving** commitment texts from Anita, 877-555-5678.*

2. **On the first day, you will send an initial Text** containing a brief description of your commitment.

Examples:

- *I will record and listen twice a day.*
- *I will do 20 minutes of yoga every day.*
- *I will work on painting my garage for at least 20 minutes each day.*

Later on the first day, you will also **send a commitment text** to your buddy, saying whether your commitment was met that day.

3. You will also **receive** an Initial Text describing a fellow practitioner's commitment and schedule. **Please reply to that initial Text** simply with "Gasshō".

Later on the first day, you will also receive a commitment text saying whether the commitment was met that day. **Please reply to that commitment text** with "Gasshō".

Sending Commitment Texts

Each day you will send a commitment text to your Buddy.

What's In a Commitment Text

Your text will consist of 1-2 sentences about whether or not your commitment was kept that day:

- *I kept my commitment today.*
- *I did not keep my commitment today.*

When to send Commitment Texts

- Please send commitment texts between 8am - 8pm in your time zone, unless the program has provided a different texting window.
- Please send only one commitment text per day. *Note: this is a change from prior quarters.*
- Should you not send a text within the texting window, this is considered a missed text, and would not be sent late or on another day.

Changing your commitment or texting schedule

If your commitment changes at any point in the quarter, simply let your Buddy know via text what the new commitment is. Examples:

- *Now that I finished painting the garage, I will start planting the garden.*
- *My new commitment is to make Gasshō each time I pass through a door.*

If you will not be sending commitment texts for a period of time during the quarter, let your Buddy know via text the dates when you will not be sending texts. Example:

- *I will not be sending commitment texts October 24-26.*

Replying to Commitment Texts

What's in a reply

- Reply to incoming commitment texts simply with “Gasshō”.
- If you do not receive a text, please send the response “A text was not received. Gasshō”.
- Always include a line over the ‘o’ in ‘Gasshō’.

When to reply

- A timely reply, soon after receiving a text, is encouraged whenever possible.
- In any case, please reply by shortly after the end of the texting window—ie, by shortly after 8pm in your time zone (unless a different time window has been arranged).
- If an expected text is not received, send the “A text was not received. Gasshō” message, shortly after the end of the texting window.
- Should you miss sending a reply text to your participant, this is considered a missed text, and would not be sent late or on a different day.

Replying to Changes

During the quarter, you may receive notification of a change in commitment, text schedule or both from the participant who is sending you commitment texts. Please respond “Gasshō”.

Absences

If you will be unavailable to reply to commitment texts at any point during the quarter, please email the program with the dates when you will not be available.

The Last Day of the Program

The last day of the quarter (usually on the 14th of the month) is a regular practice day with commitment texts and replies as usual. Toward the end of the day, all participants will receive an email notification of the end of the quarter.

Nothing Else

The program consists of only four types of texts:

- Describing a commitment or schedule
- Reporting whether or not a commitment was met that day
- Acknowledging a text with “Gasshō”
- Acknowledging non-receipt with “A text was not received. Gasshō”

Please keep the privileged environment by limiting communication only to the above. Do not include questions, greetings, or emojis in your texts, nor sign your name. It is not expected to include process information in your commitment texts, simply whether or not the commitment was met.

Should you receive any texts other than the above, should any other response seem necessary, or should you notice a pattern of missed texts, please email the program at commitmentsupportbuddy@livingcompassion.org for assistance.

If you have any questions about the program, emailing to seek guidance is always encouraged.

Only One Rule

In this practice we have many guidelines and only one rule:

We will use everything in our experience to see how we cause ourselves to suffer so we can drop that and end suffering.

Gasshō