

2026

The Life&Standards®Creed



Life&Standards®DotCom
LIFE AND STANDARDS®

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The Life&Standards®Creed

A Framework for Human Behaviour, Personal Sovereignty, and Survival in the Modern Age

I. Purpose and Context

Human beings are now operating in an environment profoundly different from that in which our psychological, moral, and social instincts evolved.

We live in:

- A hyper-connected digital world
- An attention economy that monetises outrage and division
- Systems that reward impulse, conformity, and emotional reactivity
- Online environments where anonymity erodes accountability

In such conditions, **behavioural degradation is not accidental—it is incentivised.**

Life&Standards®DotCom exists to provide a **counter-framework**: one rooted in discipline, responsibility, dignity, and self-sovereignty. This doctrine defines the behavioural standards required not merely for success, but for **mental health, cooperation, and long-term human survival.**

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II. Absolute Prohibitions

Life&Standards®DotCom is founded on the unequivocal rejection of behaviours that undermine human dignity, safety, and social stability.

NO ABUSE

NO EXPLOITATION

NO VIOLENCE

NO BULLYING

NO HATE

NO SHAME

NO LIES

NO REVENGE

None of the above is right or proper behaviour.

All **Trusted Members** never accept, normalise, excuse, or internalise these behaviours when directed at themselves or others—by any individual or organisation.

History and psychology demonstrate that when these behaviours are tolerated:

- Trust collapses
- Fear replaces cooperation
- Cycles of retaliation escalate
- Individuals surrender agency

These prohibitions function as **civilisational boundaries**, not optional preferences.

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III. Trusted Membership

Trusted Membership of Life&Standards®DotCom is selective, voluntary, and earned.

You were nominated by an existing member and approved because your conduct and intent demonstrated alignment with Life&Standards® principles. Upon acceptance, you made your **Personal Life&Standards®Promise**, governing how you communicate and conduct yourself:

- Online
- Via electronic communication
- Across all social media
- In the physical, real world

Trusted Membership is not for everyone—and is not intended to be. Integrity-based communities remain functional precisely because **not all behaviour is tolerated**.

IV. Collective Assistance and Protection

Human beings do not survive in isolation.

Throughout history, resilient communities protected members when they were threatened, overwhelmed, or vulnerable. Modern life has eroded these structures, leaving many individuals isolated in moments of genuine need.

As a Trusted Member, you may benefit from **collective assistance and protection**. Where appropriate, Life&Standards®Protection Services may alert colleagues or fellow Trusted Members who possess the understanding, skills, and expertise to provide **immediate assistance and protection**. This is not dependency. It is **collective resilience among disciplined individuals**.

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V. Self-Sovereignty and Personal Power

Your LIFE. Your STANDARDS.

Claim power and influence over yourself—so that no person or organisation can wield power or influence over you.

Trusted Members commit to:

1. Taking control of their online communication
2. Developing authentic personal power
3. Displaying positive and uplifting behaviour
4. Focusing on success in all aspects of life
5. Always taking personal responsibility
6. Committing to continuous personal development

Across:

- Online spaces
- The real world
- Education
- Career and business
- Relationships and family

Self-sovereignty is essential in an era of constant psychological manipulation. Without it, individuals become reactive, conformist, and easily controlled.

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VI. Digital Conduct and Mental Survival

The digital world is not separate from the real world—it shapes cognition, emotion, and behaviour.

Unregulated digital engagement contributes to:

- Anxiety and depression
- Emotional dysregulation
- Identity fragmentation
- Social isolation

Trusted Members discipline their digital conduct as a matter of **mental hygiene and survival**, committing to:

- A. Controlling their own narrative
- B. Ensuring online behaviour is always ‘on point’
- C. Refusing to follow mass hysteria or momentary popularity
- D. Being guided by what is right and beneficial
- E. Avoiding chaos and manufactured outrage
- F. Doing their own research
- G. Not becoming overwhelmed by negative information
- H. Practising constant self-discipline

Peace of mind is not found in likes, clout, or followers—it is found in **self-respect and restraint**.

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VII. Personal Responsibility

No government, platform, or institution can replace individual responsibility.

When responsibility is surrendered:

- Agency is lost
- Manipulation becomes easy
- Dependency replaces autonomy

As a Trusted Member, you choose—within your own power—to take **100% responsibility** for your actions, conduct, and communication, refusing to be bullied, coerced, or persuaded into harming yourself or others.

Responsibility is not blame.

Responsibility is **power**.

VIII. Core Values

Your LIFE. Your STANDARDS:

- **Decorum**
- **Empathy**
- **Etiquette**
- **Integrity**

These are not abstract virtues. They are **behavioural regulators** that preserve cooperation and dignity under pressure.

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IX. Foundation Standards

As the foundation of the Life&Standards®Promise, every Trusted Member commits to discipline themselves according to the following standards—online, electronically, across social media, and in the physical real world:

1. Decorum

Decorum regulates behaviour when emotions are high. It prevents escalation, preserves dignity, and enables reasoned interaction in volatile environments.

2. Empathy

Empathy prevents dehumanisation—the psychological precursor to cruelty, abuse, and violence. Without empathy, harm becomes easy and invisible.

3. Etiquette

Etiquette is social technology. It reduces friction, establishes predictability, and allows cooperation without coercion.

4. Integrity

Integrity anchors trust. When integrity collapses, words lose meaning, promises become worthless, and systems fail.

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X. The Cornerstone Promise (Non-Negotiable)

“At the forefront of my Life&Standards®Promise”:

“From this day forward, I promise to REJECT and WILL NOT knowingly or deliberately participate in, endorse, or encourage any form of harm to any child or young person—online, via electronic communication, across social media, or in the physical real world”.

Definition of Harm

Harm includes ill-treatment or impairment of:

- Physical or mental health
- Emotional, social, or behavioural development

Including harm suffered by witnessing the mistreatment of others.

This principle is absolute and applies to all members, agents, employees, contractors, partners, and associates. A society that fails to protect its young is already in decline.

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XI. Additional Promises and Structural Safeguards

“As part of my overall Life&Standards®Promise, from this day forward, I promise to REJECT, and WILL NOT knowingly or deliberately participate in, endorse, or encourage, any form of the following behaviours against any person—online, via electronic communication, across any social media platform, or in the physical real world”:

- **Unprovoked physical violence**
- **Fraud**
- **Malicious trolling**
- **Stalking**
- **Bullying**
- **Harassment**
- **Racism**
- **Sexism**
- **Misogyny**
- **Objectification**
- **Malicious falsehoods**
- **Gaslighting**
- **Revenge pornography**

These prohibitions exist because each represents a **documented failure mode** in human systems:

- Violence replaces reason with force
- Fraud destroys economic trust
- Trolling normalises cruelty
- Stalking erodes autonomy and safety
- Bullying entrenches fear-based hierarchies
- Harassment silences participation
- Racism, sexism, and misogyny fracture social cohesion
- Objectification enables exploitation
- Malicious falsehoods destroy shared reality
- Gaslighting destabilises mental autonomy
- Revenge pornography weaponises intimacy and trust

Rejecting these behaviours is not ideological—it is **risk management for human stability**.

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XII. Your Word Is Your Power

Human cooperation depends on trust in spoken word.

Your word is your bond.

Your bond is your promise.

Your promise is your power.

When a person's word loses value, so does their influence. By choosing to make your Life&Standards®Promise, you declare—first to yourself—that your word shall remain disciplined, reliable, and worthy of trust.

This is the foundation of authentic self-empowerment.

XIII. Final Creed Statement

Life&Standards®DotCom is not about controlling others.

It is about **mastering self**.

It does not promise popularity or approval.

It provides clarity, discipline, dignity, and resilience.

In a world increasingly defined by chaos, manipulation, and moral drift,
standards are not optional—they are survival tools.

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