

PART 1 - ANNOUNCEMENTS: *[host]* Hi, my name is _____, I am a survivor of childhood abuse, and I'll be your host today. Before starting, I'd like to make the following announcements *[the following are suggested announcement categories]:*

- *[video off - audio only meeting - no recording]*
- *[don't need book Children Of Pain - downloads on MATERIALS page ChildrenOfPain.com]*
- *[focus of 1st hour = _____ - co-host = _____]*
- *[opportunity to exchange numbers at end of the 1st hour]*
- *[remaining time = practicing dialogue]*
- *[focus of next week's meeting - ask for co-host?]*
- *[meetup.com group - optional]*

PART 2- STARTING A MEETING: *[host and/or co-host read parts A-C]*

A. Welcome to our free, weekly Children Of Pain Zoom phone-line support group, held every Sunday from 1pm to 3pm EST. These meetings are for anyone who is a child of pain and has survived any kind of childhood abuse: verbal, emotional, physical, sexual, or neglect. Each weekly meeting is a stand-alone event, so attend as many as you like if and when you are able.

We attend these meetings to share our thoughts, feelings and experiences as survivors of childhood abuse, because in telling our stories, the healing begins. We come together in this safe-space, free of judgement and self-blame, and without the need to hold onto any religious beliefs, though those who do believe in a God are welcome here, as well as are those who do not.

What are the 4-Steps? Survivors of childhood abuse are often alienated by traditional 12-step programs due to their requirement for higher powers, surrender or submission, and self-blame. Removing these makes many of the 12 steps unnecessary so that they become just 4 steps:

- Step 1 - **RECOGNIZE** recognize you are a child of pain
- Step 2 - **REACH** reach out for support
- Step 3 - **REMEMBER** remember the abuse you endured
- Step 4 - **RECLAIM** reclaim control of your life

What do we do here? Every month we rotate through the following meeting formats:

- 1st Sundays** are Step Studies from chapters 4 through 7 in the book Children Of Pain.
- 2nd Sundays** are Open Shares where we talk freely about surviving childhood abuse.
- 3rd Sundays** are a Guest Speaker followed by Open Shares.
- 4th Sundays** are Exercise Workshops from chapter 8 in the book Children Of Pain.
- 5th Sundays** are also Open Shares, when there is a 5th Sunday.

Children Of Pain: 4 steps to recovery for survivors of childhood abuse - ChildrenOfPain.com
Beginning Of Meeting Script - 04/28/21

B. Now, let's start today's meeting by saying *The Healing Intention*:

There are no perfect processes or perfect people, so we come together to listen, to share, to learn, and to heal.

Talking is optional in these meetings, and it is okay to just listen. However, if you like, you can introduce yourself by your first name, or a first name of your choice, and where you're calling from. I'll start. My name is _____ and I'm calling from _____. Who else would like to introduce themselves? To un-mute, press *6.

[welcome each person]

Welcome everyone. When the meeting ends, there will be time for questions, but does anyone have a question they would like answered now? To un-mute, press *6.

[allow the host to answer any questions]

C. Now for our 4 safe-sharing guidelines which are at ChildrenOfPain.com on the SAFETY page.

GUIDELINE 1 - FOCUS: We keep the focus on our own recovery and try to use I statements. Anyone may sob freely, express anger, fear or any other feelings. Anger should be directed at the abuse and our abusers. We do not express anger or criticism towards groups based on gender, race, age, ethnicity, sexual orientation, disability, or any religious or political affiliations. So, express freely, but whenever possible, respectfully.

GUIDELINE 2 - HONOR: We honor our fellow survivors by refraining from name calling, criticizing, gossip, or talking about conflicts we may be having with others who are here. Another person's words, vocal tones, and statements may trigger, upset or anger us. If this happens, we step away from our phones and take time to comfort ourselves.

GUIDELINE 3 - LISTEN: We listen and don't cross talk, which includes no interrupting while others speak, and no giving advice or attempting to comfort others. It is okay to say that we identify with what someone else has said and share our personal experiences and thoughts about that topic, but please do not name that other person during your share.

GUIDELINE 4 - RESPECT: We are an anonymous group and respect each others' safety by not sharing personal information like last names, DOB, phone numbers, emails or addresses during our shares. We respect the group by leaving here what is said here, and we respect each other by keeping our phones muted at all times when not sharing. To mute and un-mute, press *6.