

**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]*:

- *[audio only meeting - video off - no recording - mute (phone - \*6) - raise hand (phone - \*9)]*
- *[based Children Of Pain - don't need book - free at MATERIALS page ChildrenOfPain.com]*
- *[focus of today = \_\_\_\_\_ next week = \_\_\_\_\_ - co-host = \_\_\_\_\_]*
- *[opportunity to exchange phone numbers or emails at end of the meeting]*
- *[RESOURCES page: counseling / other meetings / addiction / books]*
- *[meetup.com group - weekly announcements - optional]*
- *other: \_\_\_\_\_*

**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 The Exchange where we share helpful recovery resources.
- 3rd Sundays** are a Guest Speaker.
- 4th Sundays** are Exercise Workshops from chapter 8 in the book Children Of Pain.
- 5th Sundays** are Open Shares when there is a 5th Sunday.

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

*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?

*[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?

*[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 - SHARE:** Though speaking is optional, for those who are ready, we are here to talk about details of the abuse we survived, how that abuse impacted our lives, and how we can live as survivors in the present. Anyone may sob freely, express anger, fear or any other feelings, so express freely, but respectfully.

**GUIDELINE 2 - LISTEN:** We listen to what others have to say and try to offer constructive feedback, thoughts, and shared experiences. It is okay to discuss what other's say during the meeting, but remember that everyone is on their own unique recovery journey, so if you hear something you like, embrace it. Otherwise, let it go.

**GUIDELINE 3 - RESPECT:** We respect our fellow survivors by remembering that we are discussing some of the most painful and vulnerable aspects of our lives. Therefore, another person's words, vocal tones, and statements may un-intentionally trigger, upset or anger us. If this happens, we step away from the meeting and take time to comfort ourselves.

**GUIDELINE 4 - ANONYMITY:** We are an anonymous group, so we only use our first name, or a first name of our choice, when we share. We maintain a safe space by being an audio-only meeting, keeping our cameras off the entire time, and not recording anything, though it is okay to take notes. Also, to minimize background noise, we keep our devices muted when not sharing.