

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

[host and/or co-host read parts A-C]

- A. I'd like to thank all who read, all who shared, and all who held space by listening. A gentle reminder: the opinions expressed here were strictly those of the persons who gave them. Take what you liked and leave the rest. So, what you heard here, when you leave here, let it stay here.

Finally, let's end today's 1st hour by saying *The Contentment Intention* which is based upon *The Serenity Prayer*, originally written by Reinhold Niebuhr in 1932. Consistent with our 4-steps, it has been adapted to remove all religious references, including the directing of the intention to ourselves instead of God. *The Contentment Intention:*

Self, grant me the contentment to accept the things I cannot change, the strength to change the things I can, and the understanding to know the difference.

Next week's meeting will be a _____. Would anyone like to co-host that meeting?

- B. EXCHANGING PHONE NUMBERS: As part of Step 2 - Reach Out For Support - after each meeting, those who want to talk with others outside of these meetings can exchange phone numbers.

- These outside-of-meeting calls are not counseling sessions, therapy, or for socializing. They are for asking questions, offering supportive feedback, and doing exercise or step work.
- Please don't ask for someone's number as they may not want to talk outside of meetings, and being asked to do so and then having to refuse might make them uncomfortable.
- If you offer your number, please say whether you are available to speak to women, men or both, what times are best for you, and your time zone if you know it.
- Finally, if you take someone's number, please introduce yourself so they know who you are.

Now, would anyone like to offer their phone number for an out-of-meeting conversation?

- C. DIALOGUE: Let's use the remainder of our time for dialogue. We come here to learn how to speak about something we were told to never talk about. During our shares we did this in monologue, but now we will practice conversations, or dialogue. No one will be timing us, so please try to time yourself. Remember this is not for doing shares in monologue, as dialogue is a back-and-forth, give-and-take, where we talk for a minute or so and then allow others to join the conversation.

So, we can talk about anything, including any questions you may have. Who would like to begin?