

Children Of Pain: 4 steps to recovery for survivors of childhood abuse - ChildrenOfPain.com
End Of Meeting Script - 09/20/21

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

- A. I'd like to thank all who spoke today 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.

Finally, let's end today's meeting 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 _____.

- B. EXCHANGING PHONE NUMBERS AND EMAILS: As part of Step 2 - Reach Out For Support - those who want to can exchange phone numbers or emails for out-of-meeting conversations:

- These outside-of-meeting conversations are not counseling sessions or therapy. They are for asking questions, offering supportive feedback, and doing exercise or step work.
- Please don't ask for someone's number or email as they may not want to talk outside of meetings, and having to refuse might make them uncomfortable.

Now, would anyone like to offer their phone number or email address for an out-of-meeting conversation? If so, please say it out loud slowly and we will type it into the chat box for you. Remember, the chat box is savable.

- C. QUESTIONS AND DEBRIEF: Before we close today's meeting, does anyone have any questions? (after questions, close meeting and go to administrative debrief)