

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

[Empty Picture Frame pgs 74-80; Mosaic Patterning pgs 80-86; Keep It, Change It, Leave It pgs 86-91]

[host or co-host]

The focus of today's meeting is an Exercise Workshop. Today we'll be practicing the _____ exercise from the book Children Of Pain, pages _____ to _____. If you don't have the book, don't worry, as we will now read the instructions on how to do this exercise.

[go to the script for that meeting's exercise - host and/or co-host read the exercise instructions]

[host]

Does anyone have any questions?

Alright take the next 10 minutes to practice this exercise on your own. I will let you know when 1 minute is left, and then those who wish to can share their experiences with the group.

[time for self-practice]

Please remember that for safety reasons we do not share any personal information like last names, DOB, phone numbers, emails or addresses during our shares, and to stay muted when not sharing.

Share any thoughts you have, as long as it relates to today's exercise.

Shares can be up to 5 minutes. You can time yourself, or I can time you. If I time you, I'll tell you when 1 minute is left, and then when the 5 minutes are over, and it is okay to take a few moments to finish your share when the 5 minutes are up. Please let me know that you have heard me when I tell you the time, and follow our safe-share guidelines. If you'd like to have any or all of these guidelines re-read, just ask.

Let me thank the last speaker before you request to share, and say your first name when requesting to share. If several people ask to share at the same time, whoever asked first will go first, and the others will go on a waiting list to share next.

So, who would like to share? Would you like me to time you?

Okay, go ahead and I'll put myself on mute.

THANK YOU _____ YOU HAVE BEEN HEARD.