

Children Of Pain: 4 steps to recovery for survivors of childhood abuse - ChildrenOfPain.com  
Exercise Workshop Script - 09/02/21

*[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 where we'll be practicing the \_\_\_\_\_ exercise from the book Children Of Pain, pages \_\_\_\_\_ to \_\_\_\_\_. If you don't have the book, you can download this exercise from the MATERIALS page at ChildrenOfPain.com, and we will also read the instructions out loud. Does anyone need time to download this exercise?

*[wait for downloading to be completed - then read the exercise instructions]*

*[host]*

Remember, we are working with some of the most painful and vulnerable aspects of our lives, so be gentle with yourself. Does anyone have any questions?

Take the next **15** minutes to practice this exercise on your own. I'll let you know when **1** minute is left and when time is up, then those who wish to can share their experiences with the group. I will be here during the practice time, so if you have any questions, just ask.

*[begin 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. 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.

Please raise your hand when requesting to share. For those on a computer, click the raise hand option. For those on phones, press \*9 to raise your hand. If you're unsure how to raise your hand, please ask.

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.**