

Since it's impossible to have a rule for everything that might arise in a meeting, when they happen, we use unexpected circumstances to help everyone learn how to communicate better. Often, these situations can be discussed after someone has finished their share, or when the meeting has ended. But sometimes, the nature of these situations requires that we stop our meeting to address what is happening. This is called an intervention, and here are some examples which require us to intervene:

**Self-Harm or Suicide:** It is not uncommon for survivors to have had thoughts about self-harm or suicide. These past thoughts can be discussed as long as they are not part of a current plan or intention. Otherwise, anyone who says that they are currently doing self-harm or considering suicide should be directed to the **National Suicide Prevention Lifeline at 800-273-8255.**

**Perpetrator Behavior:** A perpetrator is anyone of any age who has voluntarily abused another person in any way, shape or form, but does not include those who were forced as children by their abusers to participate in the abuse of others. These meetings are for us to share as survivors of abuse. Sharing of voluntary perpetrator behavior, past, present or future is not allowed.

**Disrespecting Others:** In order to create a safe space in which to share with one another, our safe sharing guidelines require us to respect one another and refrain from expressing anger or hurtful speech at anyone other than our abuser(s). Doing otherwise is disrespectful and harms the safety of our meetings.

**Excessive Details:** Many of the situations we survived were horrifying, so we need to find a balance where we can share enough information about what happened, but without making these details the overwhelming focus of our shares. Being unnecessarily graphic can traumatize other survivors.

**Excessive Profanity:** Even though we have all likely said them, because they were often used against us when we were abused, profanities can be very triggering and hurtful for survivors of abuse to hear. So, do not use profanities that are directed at specific groups, like the "b" or "c" or "n" words. As for other profanities such as the "f" and "s" words, think of them like Tabasco sauce: *one or two drops are okay, but more than that can be overwhelming!*