

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

*[host or co-host]*

The focus of today's meeting is an Open Share.

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

As long as it relates to surviving childhood abuse, a share can include offering a topic for today's meeting, asking a question you'd like to hear others answer, or just talking about whatever's on your mind.

*[host]*

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.

Before we begin, would anyone like to offer a topic for today's meeting? We'll take up to 3 topics to start.

*[review topics and then offer those who volunteered these topics to share first]*

\_\_\_\_\_, as a topic volunteer, would you like to share now?

*[if yes]* Would you like me to time you? Okay, go ahead and I'll put myself on mute.

THANK YOU \_\_\_\_\_ YOU HAVE BEEN HEARD.

Now we'll open shares up to everyone.

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.