

Children Of Pain: 4 steps to recovery for survivors of childhood abuse - ChildrenOfPain.com
Step Study Script - 07/21/21

[host or co-host]

The focus of today's meeting is a Step Study, and we'll be reading from Chapter _____ Step # __ - _____ in the book Children Of Pain, starting on page _____. If you don't have the book, you can go to our website ChildrenOfPain.com and click on the MATERIALS page where you can download a free copy of this chapter.

After each paragraph there will be time for us to do 5 minute shares on these readings. 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.

[host]

Shares can be about anything you'd like to share and 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.

[host or co-host read first paragraph and then HOST asks if anyone wants to share]

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.

[host or co-host read next paragraph and then HOST asks if anyone wants to share]

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.

[continue reading more paragraphs with shares as time allows]