

ASCA-Online Meeting Format - Rotation A Script

1 Co-Facilitator One

Before we get started, some reminders on how to participate effectively in our virtual meetings:

1. Please mute yourself until you are ready to talk. This will cut back on some of the annoying background noise we sometimes hear in conference calls.
2. If you are using a phone and don't have a "mute" button on your phone, please try pressing *6 to mute yourself and again to un-mute. Let's all try muting ourselves now.
3. The co-facilitators do have the ability to mute someone if needed, but we prefer not to have to do that unless absolutely necessary.
4. If you are using your webcam and have the camera "on" please do not eat food, smoke, or walk about during the meeting. It can be distracting to other meeting participants. If you need to eat or move about, please turn your camera off as a courtesy to others. Let's all try turning off our web camera now, and then turn it back on again. (Wait for people to try this out). Thank you!

Who do we have in the meeting right now? First name and location only, please. (Wait for people to introduce themselves by first name and location. Then begin the recovery meeting and "lock" the virtual meeting door if that feature is available (e.g., in Zoom, WebEx, Intercall)

Thank you. I will now lock the meeting so no one can disturb us during our shares. Let us now begin our ASCA recovery meeting....

Good morning/afternoon/evening and welcome to ASCA. My name is _____

And I will be the Co-Facilitator for this meeting along with _____.

As we begin our meeting, let us pause for a moment of silence to reflect on what we are feeling and what we want to accomplish here today.

(Pause for about 30 seconds.)

The purpose of ASCA is to bring together within a nurturing and supportive community, we who were abused as children either physically, sexually or emotionally. Our meetings empower us to transform our identities from victims to survivors to thrivers.

2 Co-Facilitator Two

By participating in this meeting we all agree to honor and abide by the guidelines contained in the Welcome to ASCA handout, the philosophy and spirit of ASCA as well as any interventions made by the Co-Facilitators. The Welcome to ASCA handout describes important information concerning how to safely participate in our meeting and how to maximize your experience.

Also, by participating in this meeting we all agree to refrain from cross-talk.

Cross-talk is defined as engaging in direct dialogue with someone or referencing someone else in the group ---whether during your own share or at any other time. It also includes referring to the content of another person's share. The only exception to this rule is the brief period following a person's tag share if the speaker chooses to receive supportive feedback from the group.

Who would like to volunteer to read the ASCA Meeting Guidelines contained in your Welcome To ASCA Handout, on page two? (NOTE: If no one volunteers, read the guidelines below.)

ASCA Meeting Guidelines

*Please remember that we **all bear responsibility** to keep this meeting **helpful and safe**.*

Do:	<ul style="list-style-type: none">◆ Show respect for each other and for the group◆ Stick only to the requested feedback categories◆ Speak about your own feelings/experience and use "I" statements◆ Stay focused on the step or topic and stick to the format◆ When in doubt, tone down your comments or ask for clarification from the Co-Facilitators
Don't:	<ul style="list-style-type: none">◆ Don't shout or use excessive profanity in the group◆ Don't use "should" statements◆ Don't criticize, belittle, attack, or "tease" anyone in the group◆ Don't try to psychoanalyze or "take another person's inventory"◆ Don't interrupt another speaker or have side conversations (this includes side conversations in the chat room)

In addition to our "do's and don'ts", we ask that you observe the same guidelines as all ASCA meetings:

- Please join on time and remain until the conclusion of the meeting. Entering late or leaving the meeting early is disruptive to fellow participants.
- ASCA meetings are exclusively for adult survivors of physical, sexual, or emotional childhood abuse.
- This is an anonymous meeting. Only first names are used.
- What you hear today is told in confidence and should not be repeated outside this meeting.
- We ask that no one attend our meeting under the influence of alcohol or drugs, unless it is a physician-prescribed medication.
- ASCA meetings are not intended for survivors who are currently perpetrating abuse on others. Talking about past, present, or future perpetrator type behavior is not permissible.
- Language that is considered derogatory concerning race, gender, ethnicity, religion, sexual orientation or other minority status is unacceptable in the meeting.
- By participating in this meeting, we all agree to abide by the spirit of ASCA, our guidelines and any interventions by the co-facilitators.

1 Co-Facilitator One

We, the Co-Facilitators, are responsible for maintaining safety and will intervene if the guidelines or meeting procedures are crossed. If you disagree with an intervention or have a question about an intervention by a Co-Facilitator, please discuss the matter with the Co-Facilitators after the meeting.

We will now read our Statement of Philosophy and The Stages and Steps. We need four volunteers to read the Statement of Philosophy. Who would like to read the Statement of Philosophy?

(Write down names of volunteers for your reference and ask the first reader volunteer to start, and so on.)

Volunteer Reader One---

Statement of Philosophy

We are here today to face our past and reclaim our lives as survivors of childhood abuse. We know intuitively or objectively that we were physically, sexually, or emotionally abused as children. We believe that our abuse has affected who we are as adults today. We are determined to remake our lives by taking back what was once taken from us--- our innocence, our power, our right to determine who we are and how we will live in the world.

Volunteer Reader Two---

We hold our abusers responsible for the abuse whomever they may be for we, as children, wanted only their love. We hold that only we are responsible for our lives as adults. We accept that recovery involves discussing the memories of our abuse. We believe that there is power in remembering despite the pain that it will bring. We accept that we cannot do this alone. We need the help of others to transform the shame into self-compassion, self-empowerment and self-acceptance.

Volunteer Reader Three---

We believe that everyone has their own unique story to tell. We pledge to listen to every member's efforts to remember, grieve and heal. We will offer respect, support and hope to help challenge the self-judgments, self-criticism and self-blaming that holds us hostage to our past. We will hold in confidence what we hear of others' most vulnerable secrets. We will allow everyone to take the lead in deciding what the past means for them.

Volunteer Reader Four---

We are prepared to commit our hearts, our minds and our spirit to change our lives. We understand that we as children were victims. We believe that today, as adults, we are survivors. We trust that tomorrow with recovery we will live as thrivers. We pledge today to stand together united in our best efforts to heal from the past. We make this pledge to ourselves in the company of our peers on this day forward.

1 Co-Facilitator One

We need three volunteers to read the Stages and Steps. Who would like to read the Steps?

(Write down names of volunteers for your reference and to help prompt them when it's their turn. Ask the first reader volunteer to start.)

Volunteer Reader Five---

Stages and Steps

Stage One: REMEMBERING

1. I am in a breakthrough crisis having gained some sense of my abuse.
2. I have determined that I was physically, sexually or emotionally abused as a child.
3. I have made a commitment to recovery from my childhood abuse.
4. I shall re-experience each set of memories as they surface in my mind.
5. I accept that I was powerless over my abusers' actions which holds THEM responsible.
6. I can respect my shame and anger as a consequence of my abuse but shall try not to turn it against myself or others.
7. I can sense my inner child whose efforts to survive now can be appreciated.

Volunteer Reader Six---

STAGE TWO: MOURNING

8. I have made an inventory of the problem areas in my adult life.
9. I have identified the parts of myself connected to self-sabotage.
10. I can control my anger and find healthy outlets for my aggression
11. I can identify faulty beliefs and distorted perceptions in myself and others.
12. I am facing my shame and developing self-compassion.
13. I accept that I have the right to be who I want to be and live the way I want to live.
14. I am able to grieve my childhood and mourn the loss of those who failed me.

Volunteer Reader Seven---

STAGE THREE: HEALING

15. I am entitled to take the initiative to share in life's riches.
16. I am strengthening the healthy parts of myself adding to my self-esteem.
17. I can make necessary changes in my behavior and relationships at home and work.
18. I have resolved the abuse with my offenders to the extent acceptable to me.
19. I hold my own meaning about the abuse that releases me from the legacy of the past.
20. I see myself as a thriver in all aspects of life--- love, work, parenting and play
21. I am resolved in the reunion of my new self and eternal soul.

2 Co-Facilitator Two

Thank You.

Today's meeting has an open topic agenda. This means that our shares may relate to any aspect of our childhood abuse histories, the Stages and Steps or any of the issues or challenges we are confronting in our recovery -- as well as our stories of triumph and hope. Our Rotation A meeting is an all share meeting and everyone who shares may choose to receive supportive feedback.

At this time we'd like to remind everyone of the guidelines for sharing and giving supportive feedback in the Welcome to ASCA handout.

What you say during your share is important for you and for others in the meeting. In general we encourage you to:

Speak about 'your own' feelings and use 'I' statements vs. 'you' statements

Speak in a way that people can 'take in' what you are saying. For example, no advice, no criticism, or psychoanalyzing.

Also, we should remind ourselves of the guidelines on avoiding cross-talk when you tag share. While you may want to share about something that someone else in the group has brought up, directly addressing that person by saying something like 'What you said about...' or 'When Joe said....' is cross-talk. While it may seem natural to refer to the other person, please refrain from doing so. Directly addressing another meeting member can provoke anxiety or be unwelcome.

1 Co-Facilitator One

Today each person who shares may request to receive feedback from the group. In your tag share, please let us know which type of feedback you'd like to receive from others. It's also okay if you don't want any feedback.

Only two categories --- 1) supportive feedback and 2) information and resources--- are permissible. Examples of feedback are in your Welcome to ASCA handout. This is not a time to give a mini-share about yourself. It is also not a time to offer advice or psychoanalyze what the person said. Feedback time is an opportunity to say something supportive directly to the person who just shared.

We will now have the tag share part of our meeting. After the first volunteer is finished (including receiving feedback if they choose to receive feedback) then the next person who wishes to share simply says to the previous speaker "Hi, this is ____". The previous speaker will then say "Go ahead ____". This proceeds until time is up or all who wish to share have done so.

2 Co-Facilitator Two

(Refer to the ASCA Time Matrix and count how many people you have in the meeting. That will help determine how much time each person can have for their share, feedback, and saying how they feel. Note that In large groups, not everyone will be able share.)

For the tag share we ask that you limit your shares to _____ minutes or less so that as many people as possible can have an opportunity to speak. I will let you know when you have one minute remaining -- you will then have one minute in order to wrap up your share. At the end of your tag share, please let us know if you'd like to receive feedback from others.

Please limit giving your feedback to one minute or less. The timer will sound when your time is up. Each person will have up to a total of _____ minutes to receive feedback. After the time for receiving feedback is up, the person will have about 30 seconds to state how she or he feels after receiving the feedback.

Since this is a virtual meeting, if you want to give feedback to the person who shared, say "This is _____" so that the person who shared can acknowledge you. Please do not just start to give feedback without this acknowledgement. Also, remember that the receiver of feedback may discontinue the feedback process at any time.

1 Co-Facilitator One

One final thing about receiving feedback: if you decide to receive feedback from others, see if you can just listen and "take it in" without responding back to the person. This includes saying, "thank you". Once the feedback time is up, you'll have an opportunity to say "thank you" and to comment on how you are feeling before we move on to the next share.

Before starting our tag shares let us pause for a moment to gather our thoughts and feelings concerning what we want to share.

(Pause for a few moments.)

Remember to let us know at the end of your share whether you'd also like to receive some feedback from the group and if so, which type of feedback you'd like. Do we have a volunteer to start the tag sharing?

(Co-Facilitator One waits for someone to offer to start the tag shares. If the person who shares chooses to receive feedback, after their time for receiving feedback is up , ask him/her....)

(N)_____, would you like to take a few moments to share with us how you are feeling before we move on to the next tag share?

2 Co-Facilitator Two

(When the time has concluded for sharing and receiving feedback)

Thank you for your shares and supportive feedback. Before we conclude our meeting we want to give anyone who wishes to do so an opportunity to make a brief comment, of about 20 seconds or less, on how they are feeling as we prepare to close our meeting. I will begin and we will proceed until everyone in our virtual meeting has had a chance to say how they are feeling. If you do not wish to speak just say 'pass'.

(Co-Facilitator Two begins with his/her closing comment about how she/he feels then the next person, and so on.)

October 31, 2015

Thank you. That is all the time we have for now. Normally we would pass around a basket at this time for donations. Because this is a virtual meeting, please visit www.ascasupport.org to donate your weekly or monthly meeting contributions by clicking the Contribute to ASCA button. Thank you, in advance, for keeping our meeting self-supporting.

Next week is a Rotation B meeting and we will concentrate on Step_____. (Read the Step out loud.) Please review the step in your Survivor to Thriver manual in order to better prepare for our next meeting. Doing some of the exercises with a fellow ASCA buddy or with your therapist will also help in preparing for next week's meeting. We recommend that you download a copy of the manual, or purchase a printed bound copy, from our website, if you don't already have one. You'll also find on the website a link to the e-book version of Soul Survivors, 2nd Edition. This book is considered by many in ASCA to be what the "Big Book" is to the 12-Step Program.

Who would like to be our 15 minute presenter next week? (Wait quietly for someone to volunteer. If no one does say) Since no one volunteered today there will be another opportunity at the beginning of next week's meeting.

Are there any other announcements relating to ASCA?

(People can make suggestions about books, therapies etc. This moment can also be used to educate and remind people about meeting guidelines.) Some groups also use this time to announce whether there will be a "virtual coffee chat" after the meeting, and if not, how people can exchange phone numbers to give/receive additional support.

1 Co-Facilitator One

It is our tradition to recite our Closing Statement at the end of each meeting. Please refer to your handout and read along with me silently as I read out loud.

(Begin reading the closing statement out loud.)

We have come together to face our past, united in survival, determined to rebuild our lives by healing the pain and transforming our shame.

We will find comfort in our safe places wherever they may be. Feelings can be felt, memories can be recalled, and sensations can be soothed.

We close our meeting now with renewed faith in our power, armed with self-knowledge, fed by our strength drawn from survival, empowered by the challenge of change, and graced with a sense of hope for what our future can be.

Please join us again next week. Thank you for your participation and support.

Remember that you may be feeling very tender and vulnerable after a meeting like this. So be gentle in all your interactions--- especially with yourself.