

ASCA-San Francisco Meeting Format – Rotation A Script

March 2017

1 Co-Facilitator One

Good evening (morning or afternoon) 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.

We will now pass around the Telephone Support Sign Up List. Signing the list is completely voluntary.

(If there are new people explain what the list is.)

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 exception to this rule is the brief period following a presenter's share if the speaker chooses to receive supportive feedback from the group. The other exception is at Rotation A Open Topic meetings, such as today, which is an all share meeting and anyone who shares may request supportive feedback if they wish.

Who would like to volunteer to read the ASCA meeting Guidelines?

(Pause to see if anyone volunteers. If no one volunteers Co-Facilitator will read the Guidelines.)

ASCA Meeting Guidelines

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

Do:

Show respect for each other and for the group.

Stick only to the requested feedback categories.

Speak about your own feelings/experiences and use 'I' statements.

Stay focused on the step or topic if there is one.

When in doubt tone down your comments or ask for clarification from the Co-Facilitators.

Don't:

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.

In addition to our Do's and Don'ts we ask that you observe the same guidelines as all ASCA meetings.

- ◆ Please try to join on time and remain until the conclusion of the meeting. Leaving the meeting early is disruptive to fellow participants.
- ◆ ASCA meetings are exclusively for adult survivors of physical, sexual or emotional childhood abuse and neglect.
- ◆ 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 or pets. Talking about past or present 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 or have a question about an intervention by a Co-Facilitator please wait to discuss the matter with the Co-Facilitator after the meeting.

(Check the door for late comers.)

We will now read aloud our Statement of Philosophy and the Stages and Steps. There are four paragraphs in the Statement and we would like a reader to start with the first paragraph then pass the Statement to the next person. After the Statement is the Stages and Steps which has three Stages and we would like a person to read the first Stage with its steps then pass the Stages on. If you are handed either the Statement or Stages but don't wish to read say 'Pass' and hand the paper to the next person.

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 and neglected 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 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-judgements, 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.

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.

(Check the door.)

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 OK if you don't want any feedback.

Only two categories--- 1. Supportive feedback and 2. Information and resources--- are permissible. Examples of these two types of feedback are in your Welcome to ASCA handout. Feedback time 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) that speaker will choose the next speaker from among the people who raise their hand.

For the tag share we ask that you limit your share to _____ minutes or less so that as many people as possible can have an opportunity to speak. The timekeeper 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 share please let us know if you'd like to receive feedback from others. Total feedback time will be _____ minute(s). If you give feedback be brief so others may give feedback.

Remember to let us know at the end of your share whether you would like to receive feedback and if so what type of feedback. Do we have a volunteer to start the tag shares?

(Check the door. This is the last door check and meeting signs posted on the outside of the door should now be taken down.)

After each tag share if the person does not say whether or not they would like feedback a co-facilitator should ask if they would like feedback and if so what type of feedback: Supportive, Resources or both. Remember they can stop the feedback process at any time.

(When tag share time is up – approximately 10 minutes before the end of the meeting – Co-Facilitator Two wraps up the meeting .)

2 Co-Facilitator Two

Thank you. That is all the time we have for now. We will pass around the Telephone Support List again. We are also going to pass the basket for contributions. The suggested donation of ten dollars is used for our room rent, our Meet Up subscription and other meeting costs. This amount is suggested and not required.

As we begin to close our meeting we want to give anyone who wishes to do so an opportunity to make a brief comment of 20 seconds or less on how they are feeling . Remember, just a few words on how you feel as we prepare to go out into the ordinary world. No mini-shares or critiques of the meeting please. Just feelings. I will begin and we will go round the circle to my left. If you do not wish to speak just say pass.

(Co-Facilitator Two begins then gestures to the next person on the left. After feelings are shared Co-Facilitator Two continues.)

2 Co-Facilitator Two

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 in the manual 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 at www.ascasupport.org, 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.

Would someone like to volunteer to give a 15-minute share on this Step next week? (If no one volunteers.) Because no one volunteered today we will ask again next week.

Are there any ASCA announcements or other announcements?

(Here announcements can be made. Also this moment can be used for education. People can make suggestions about books, therapies, etc.)

The moment can also be used to remind people about meeting guidelines if any were crossed.)

(Pass out copies of Closing Statement if not already done.)

1 Co-Facilitator One

It is our tradition to recite our Closing Statement together.

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 very gentle in all your interactions--- especially with yourself.