

SAL Women's 12 Step Online Meeting Script

Welcome to this SAL Women's 12 Step Betrayal Trauma Recovery Meeting. Please mute yourself unless you are speaking, this ensures everyone is able to hear. As anonymity and confidentiality is critical to the safety of this meeting, please make certain that you are in a place where there will not be others seeing or hearing this meeting. Although participation during this meeting is voluntary, for the safety of the group, during introductions every member will state their first name only. If you are able to use the video function for this meeting, we encourage you to do so. We have found it adds one more layer of connection during our meeting. We hope that in this group you will find the help and friendship that we have been privileged to enjoy. My name is _____. I am serving as the Group Moderator, and I am here working my own recovery.

SAL 12 Step recovery groups believe that God is at the center of personal recovery from betrayal trauma and the effects that sexual addiction has upon us. James 5:16 will be our guide as we "pray one for another, that [we] may be healed". Will someone please volunteer to say a prayer from the heart?

The only requirement to be part of this group is that there is a *problem of sexual addiction in a spouse, relative or friend*. We understand—as perhaps few can—the pain, loneliness, and frustration that have brought us all together. We are a group of women who serve one another by sharing our experience, strength, and hope, as *we* recover from the effects that another person's sex addiction has had upon us. By so doing, we are recovering individuals and healing families.

Is there anyone here for the first time?

If anyone says yes - Welcome! You can find all of the study materials you will need to work this program in the Women's Recovery Bundle on sal12step.org. You will want to purchase those as soon as possible.

You may also be interested in registering for the Intro to Recovery Online Course. This is a 5 week course that will cover all of the new vocabulary and concepts that you will be introduced to as you begin working recovery.

Will someone please briefly share what first brought them to SAL 12 Step meetings and what keeps them coming back? (2-3 minutes)

SAL Women's 12 Step Betrayal Trauma Recovery Groups utilize the *S-Anon Twelve Step Book* and *Working the S-Anon Program* as our primary study materials as we work the 12 steps. We have also found portions of the Big Book, and *Twelve Steps and Twelve Traditions of Alcoholics Anonymous* to be helpful resources. These books are not produced by SA Lifeline. We make no claim to their authorship and gladly abide by their copyright.

1. SERENITY PRAYER

Will those who care to, please join us in the Serenity Prayer?

*God grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And the wisdom to know the difference*

*Living one day at a time
Enjoying one moment at a time
Accepting hardship as the pathway to peace
Taking, as He did, this sinful world as it is
Not as I would have it
Trusting that He will make all things right
If I surrender to His Will*

*That I may be reasonably happy in this life
And supremely happy with Him forever in the next
Thy will, not mine be done.*

2. OPENING READINGS

The Twelve Steps are the foundation of our personal growth and recovery. The principles of the Twelve Steps are universal, applicable to all of us, regardless of our various beliefs. When practiced as a way of life, these spiritual principles help us to meet and rise above all difficulties in our lives—not just those associated with living with or having lived with sexual addiction.

We will now read (from *Working the S-Anon Program*):

- *The Twelve Steps* (p.121)
- *The Problem* (p.125)
- *Keys to Our Recovery* (p.128)

3. INTRODUCTIONS

We will now take a few minutes to introduce ourselves by first name only and state our steps worked and contacts made. A contact is reaching out to your sponsor or another woman who is working her own recovery. We recognize each of us is on our own journey to healing. As we introduce ourselves, we place no judgment or comparison, and always have the option to pass. I'll begin and I will call out the order until everyone has had an opportunity. My name is _____. I am working on step _____ and made _____ contacts this week.

4. PHONE LIST

We have a phone list for this meeting. The purpose of the phone list is to give everyone an opportunity to reach out in times of need. Putting your name and phone number on the phone list is optional. If you would like to add your name please put it in the chat. If you would like a phone list sent to you, please put your email in the chat as well.

5. SPONSORS

We have found that connection is crucial to our recovery. We strongly encourage each person here to find a sponsor to work this program as soon as possible. Sponsors are members of the group who also have a sponsor, are working the steps and are willing to share their experience, strength and hope with other members of the group. They help guide our step work and encourage us to keep moving forward in recovery. To learn more about sponsorship or receive help finding a sponsor go to salifeline.org.

Would someone briefly share how their sponsor has helped them this week?

6. ANNOUNCEMENTS

Are there announcements or items of business?

**If your group has 20 or more people regularly attending, please read the following:*

We have found that SAL meetings are most effective when groups consist of 20 people or less. When attendance is over this number, it limits the number of people who are able to share, an important aspect of each individual's recovery. Because our meeting is reaching this limit, we'd like to invite each of you to consider being a part of the "Key 3" group of members who will start a new meeting. To start a new meeting, we need 3 people who meet the following criteria:

- *6 months attending SAL meetings*
- *6 months of working the steps with a sponsor*
- *At least one person having worked through Step 3 with a sponsor and working on Step 4*

As it says in Step 12: '...to keep what we have found, we have to continue appreciating the gift and giving it away.' If you're interested in starting a new meeting and meet the 'Key 3' criteria, please speak with me after the meeting today."

7. DONATIONS

This SAL group has no dues or fees but is fully self-supporting through our own contributions. We strongly encourage all members of online meetings to do this by becoming a donating member of sal12step.org. You can set up a monthly donation, or enroll in one of the various online Courses to help you work your Steps more consistently. These funds go toward providing the online resources that make this meeting possible, as well as producing supplemental courses to keep you progressing in recovery.

8. STEP STUDY OR TOPIC STUDY

(For step study, read out of approved material and discuss. For topic study, someone from the group presents on a related topic with group participation.)

We will end our discussion at ___:___ for adequate time to share (1/2 hour before the end of the meeting).

9. SHARING

Now it is time to share our personal experience, strength, and hope. We ask that you follow these guidelines:

- There is no cross talk. We don't interrupt others or comment directly about what they share. This includes comments in the chat.
- We do not give advice or gossip. We talk in the "I" and "me," not the "you" or "we" forms, speaking ONLY from our own experience.
- We share from a recovery point-of-view. The emphasis should be on honesty, recovery, and healing—how to apply the Twelve Steps in our daily lives.
- Shares may include personal religious experiences, however, proselyting is not appropriate. Respect of all religious beliefs is fundamental to group unity.
- If you feel that something is said that is inappropriate, please raise your hand and the person sharing may change the subject or end sharing.
- Please respect the time allowed for sharing. 2-3 minutes is generally a reasonable time, which will allow others to have an opportunity.
- We will conclude sharing at _____. I'll start the sharing.

10. WEEKLY COMMITMENT

It is now time to close the meeting. We encourage everyone in the group to contact other members during the week.

We are here seeking our own recovery. 'It works when I work it,' so how will I work it? We will now take 1 minute and silently consider our personal commitment to recovery and write down our recovery goals for the next week. Example: What steps I will work, calls I will make, daily prayer, and a commitment to surrender my will and my life over to the care of God as I understand Him.

<Wait silently for one minute>

11. CLOSING REMINDER

This is an anonymous program. We ask all members to respect our anonymity. The stories you hear are told in confidence and should not be repeated outside this meeting. They are told so that we might better understand this program and ourselves, and to give encouragement and help to newcomers, so we may keep what we have been given. Who you see here, what is said here, let it stay here.

12. CLOSING READINGS

We will now read (from *Working the S-Anon Program*):

- *Gifts of the Program (p.131)*

Group recites in unison: ***"Keep coming back! It works when I work it! and I am worth it!"***

13. PRAYER

Will someone volunteer to say a prayer from the heart?