SAL 12 STEP

LIFELONG RECOVERY, ONE DAY AT A TIME.

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 confidentiality is critical to the safety of this meeting, please make certain you are in a place where there will not be others seeing or hearing this meeting. Although participation during the meeting is voluntary, for the safety of the group, every member will introduce themselves by first name only. We encourage you to use the video function for the duration of this meeting if you are able to do so. We have found it adds one more layer of safety and connection during our meeting. We hope that in this group you will find the help and friendship 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 are guided by our mission statement: **We offer hope and a pathway to individuals affected by sexual addiction and betrayal trauma; to build healthier, connected lives through honest, shared experiences in a safe community.** We believe that God is at the center of personal recovery from betrayal trauma and pray one for another, that we may find healing. Will someone please volunteer to say a prayer from the heart?

The only requirement to be part of this group is that you are over 18 years of age, and there is a *problem of sexual addiction in a spouse, ex., 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?

Welcome! We recognize how hard it is for some to join us and we are so grateful you are here! You will have an opportunity to introduce yourself shortly and there will be time after the meeting for any questions you may have.

We encourage you to go to sal12step.org to purchase the study materials for this program and find additional tools to help you in your recovery. (Moderator, hold up your books and secretary, please put the website in the chat for newcomers.)

SAL Women's 12 Step Betrayal Trauma Recovery Groups utilize the *S-Anon Twelve Steps* book and *SAL Recovering Individuals, Healing Families* book as our primary study materials as we work the 12 steps. The S-Anon Twelve Step book is not produced by SA Lifeline. We make no claim to its authorship and gladly abide by its copyright. Another way to work the 12 Steps is to enroll in the SAL Women's 12 Step Curriculum online at sal12step.org.

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

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 You will make all things right
If I surrender to Your will;
That I may be reasonably happy in this life
And supremely happy with You 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 and 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 the *SAL Book)*:

- *The Twelve Steps of SAL (p. 362)*
- *The Trauma Dilemma (p. 370)*
- *A Recovery Mindset (p. 372)*

3. INTRODUCTIONS

We are now moving into the introduction portion of our meeting. Please ensure your video is on during your introduction for group safety. We will 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 will begin and then 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. Receiving and putting your name and number on the phone list is optional. If you would like to be added please include your name, phone number and email in the chat and the secretary will send a list to you.

5. SPONSORS

In this program, we work the 12 steps of SAL with a sponsor. We have found that connection is crucial to our step work and recovery. We strongly encourage each person here to find a sponsor 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.

Would someone briefly share how sponsorship has helped them this week?

6. DONATIONS

This SAL group has no dues or fees but is fully self-supporting through our own contributions. We encourage all members of online meetings to donate on sal12step.org or Venmo @SAL12Step to help support these online platforms. Those contributions allow us to give back to others.

Venmo QR Code: **SAL 12 Step Donations:**

7. ANNOUNCEMENTS

At this time we have the following announcements:

(please read from the Announcements Document via link or QR code)

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

We have found that SAL meetings are most effective when groups consist of 20 people or less. Because our meeting is reaching this limit, we would 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 are interested in starting a new meeting and meet the 'Key 3' criteria, please speak with me after the meeting today."

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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 (MODERATORS READ SLOWLY)

Now it is time to share our personal experience, strength, and hope. We ask that you follow these guidelines: (Explain or expand as needed.)

- There is no cross talk. We do not 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.
- For the safety of our meeting, this is not the time to share graphic details of our loved one's addiction. We share from a recovery point-of-view. We want to keep the focus on honesty, recovery, and healing—how we apply the Twelve Steps in our daily lives.
- Shares may include personal religious experiences; however, proselytizing 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 unmute yourself to state, "I am raising my 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 will 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 the *SAL Book)*:

- *The Promised Blessings of Working the SAL Program (p. 374)*

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?