

Welcome and ground rules for adult survivors of Childhood Abuse

We welcome you and hope you will find help and friendship in this group.

We who have survived childhood abuse understand as few others can. We carried that experience with us through adolescence and into adulthood as we were developing our lives. We urge you to share our meetings, our experiences, strength, and hope.

*Now we will introduce ourselves by first name only.
(Thank you after everyone has introduced themselves)*

Here are some guidelines for this meeting:

Our meetings last for 1 hour. We will have a meeting topic and time for open discussion. Please use your sharing time wisely so that all may have time to share.

Please, no cross talk. If you would like feedback on your sharing, ask for feedback. That can be given during the open discussion. In giving feedback, try to relate the subject to your experiences. Refrain from giving advice. By sharing our stories and experiences with healing, we will each find our own solutions to our problems. This is a support group, not a therapy group

Anonymity is an important concept for our program. Please do not share that what you have heard here; nor who is attending. Everything that is said in the meeting should stay in the meeting (**This is the way we feel safe to share our true thoughts and feelings.*)

When speaking please use, *please use "I "*statements instead of we, you, or them. Please share your feelings and experiences. Each person is responsible to share what they want or need to share. We each know what is best for ourselves.

Your attendance is supportive for everyone and appreciated. You may pass if you do not want to share. Trust your inner guide.