

# Support Groups

ONLINE SCRIPT



saprea

# Welcome

**GROUP LEADER A:** Welcome everyone! I want to remind you all that this is a closed meeting for childhood sexual abuse survivors only. If you are not a survivor, we ask that you leave the meeting at this time.

*[Pause]*

My name is \_\_\_\_\_ and my pronouns are \_\_\_\_\_. I'm one of the group leaders, and my role will be to lead the meeting and make sure we stay on track.

**GROUP LEADER B:** Hi everyone. My name is \_\_\_\_\_. My pronouns are \_\_\_\_\_ and I'm one of the group leaders. My role is to provide support and help maintain a safe environment. If you are feeling triggered, please feel free to let me know or take a break from the meeting, whatever feels most comfortable to you.

**GROUP LEADER A:** I'd like to welcome any new participants. We acknowledge that we are all individuals and may be in different places in our healing journeys. Please know that we see you, we hear you, we understand you, and we are here to support one another. Thank you so much for being mindful and making this a safe and private setting for everyone.

# Meeting Overview

**GROUP LEADER B:** Before we get started, please make sure that you are the only one viewing and listening to our group today. We recommend finding a private space if possible. If you are in a space with other people, please use headphones and tip the screen of your device so that you're the only one who can see it. Please mute your audio unless you are speaking.

We also encourage you to share your camera. Two of the main goals of support groups are to build community and safety. Everyone sharing their camera helps achieve both goals. However, if you are unable or uncomfortable sharing your camera, we still encourage you to participate. Thank you for being mindful and making this a safe and private online setting for everyone.

**GROUP LEADER A:** Our meeting will go in this order:

- ◆ We'll read the Purpose Statement together.
- ◆ I'll ask for volunteers to read our meeting guidelines.
- ◆ We'll then participate in the check-in. (Please make sure you received a worksheet, and have it filled out.)
- ◆ Review the topic from our last meeting, open the floor for sharing.
- ◆ Focus on the current topic.
- ◆ Select a healing activity.
- ◆ Finish the meeting with a grounding exercise.
- ◆ And lastly, we will read our Aspiration Statement.

Now, let's read our Purpose Statement together.

## Purpose Statement

We share our courage, hope, and experiences through this safe community of support. Understanding our trauma and the impact of abuse provides a foundation to strengthen ourselves and apply healing tools. We use the power of this safe community to move forward on our healing journeys and help others find their way. We learn from each other and direct our thoughts and actions towards healing.

**GROUP LEADER A:** Thank you. Now we're going to read the meeting guidelines. We read these each

meeting to remind ourselves how we can get the most out of our time together. These guidelines also help create a consistent and safer experience for everyone. Could I get a volunteer to read them?

## Group Guidelines

- ◆ We maintain confidentiality by using only our first names and not sharing what happens during our meetings with anyone, even our families, partners, or significant others.
- ◆ We stay present during group and avoid engaging in other activities.
- ◆ We use appropriate language and don't raise our voices, no matter the emotions.
- ◆ We give support, not advice.
- ◆ We use "I" statements.
- ◆ We share "headlines," not details of past trauma.
- ◆ We are quiet while someone else speaks and avoid engaging in side conversations.
- ◆ We refrain from advertising, selling, or recruiting on behalf of any business or faith-based organization.
- ◆ We ask everyone to check in, but sharing is always voluntary.
- ◆ We hold ourselves and each other accountable and follow the guidelines of the group.
- ◆ We maintain a safe, predictable meeting by following the script without deviating.
- ◆ We welcome all eligible individuals regardless of age, race, religion, sexual orientation, background, or ability.

**GROUP LEADER A:** Thanks so much for reading those.

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# Check-In

**GROUP LEADER B:** Now, we'll have everyone participate in the check-in. After stating your name, please select three questions to answer. I'll share my responses, and then I invite each of you to do the same. Please remember to keep your answers short.

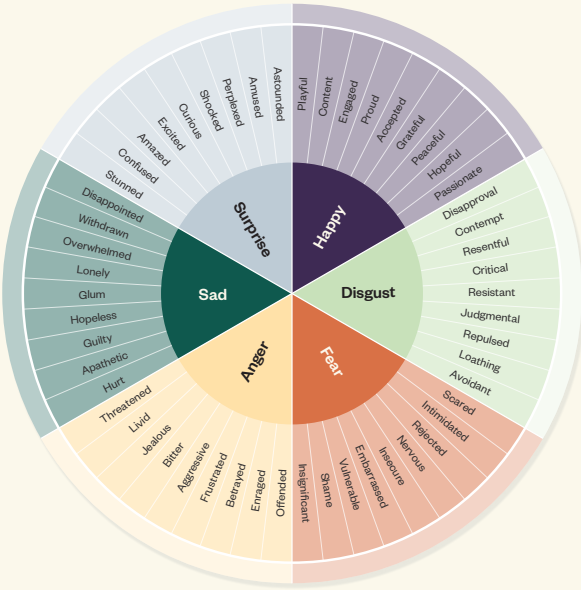
## Check-in Worksheet Questions

1. State your first name and, if you'd like, your pronouns for the group.
2. How are you doing physically? (Are you feeling any tension or pain? Are you feeling relaxed or energized?)
3. How are you doing emotionally? (You can reference the Emotion Wheel below to help you identify what you're feeling.)
4. What healing activity have you tried since the last meeting? (Feel free to skip this question if this is your first meeting.)
5. Have you noticed any triggers recently? If so, what tools did you use to manage them? (It's okay if you weren't able to manage them.)
6. In one sentence, share a personal triumph. (This is anything you consider a win: going for a walk, holding a boundary, practicing a breathing exercise, or maybe getting out of bed, etc).

**Example:** "I'm Alex. Physically, I have a small headache. Emotionally, I'm feeling accepted. My healing activity was going for a walk every day and I was able to do it. I felt triggered when a person stood too close to me in the grocery store. I took several deep breaths to manage this. My personal triumph from last week was when I asserted my boundaries and told my sister-in-law no."

**GROUP LEADER A:** Thank you all for checking in.

## Emotion Wheel



This Emotion Wheel may help you answer Question #3 of the check-in.

## Previous Topic

**GROUP LEADER A:** During our last meeting, our topic was \_\_\_\_\_. Now, let's take the next few minutes to review the *[summary or video]* on *[insert topic here]*.

*[Watch video or review topic summary.]*

# Sharing

**GROUP LEADER A:** Now that we've reminded ourselves about the topic from our last meeting, we'll spend the next 20 minutes sharing. Please be mindful of the time frame so that everyone who would like to participate has the chance to do so. If you would like to share, please contact us in the chat so we can call on you.

Keep in mind this is not a discussion but an opportunity to listen and be heard. It is not the time or place to offer advice. However, you are welcome to offer a few words of support after each person finishes. This might include typing in the chat things like:

"Thank you so much for sharing."

"I appreciate you."

"We're here for you."

"That resonates with me."

If you hear something that resonates with you, write it down. If time permits, you can mention it to the rest of the group after everyone has shared. If you don't want to share today, that's okay; feel free to pass.

Now, let's begin. What are your thoughts on the topic \_\_\_\_\_?

What does it look like for you in your healing journey?

*[Stop screen sharing and close script during this time frame.]*

**GROUP LEADER A:** Would anyone who passed earlier like to share now? *[Pause.]* Let's take just a moment to pause and gather our thoughts.

*[Group Leader B check the chat to see if there are any comments or questions.]*

**GROUP LEADER A:** Thank you so much for supporting one another.

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# Interacting After the Meeting

You may have heard fellow participants share something that prompts you to follow up with them after the meeting. If you choose to reach out to another participant, be mindful that each individual is at a different place in their healing journey and some survivors may be more comfortable engaging in one-on-one discussions than others.

We recommend asking for permission.

Example: “What you shared resonated with me. Would you be open to talking with me now or at another time?”

If they agree, continue the conversation using “I” statements:

Example: “I appreciated what you said about journal writing. I’ve really struggled with that, and I think that’s something I might want to try. What worked for you?”

## Current Topic

**GROUP LEADER A:** Now let’s move on to our current topic. Today, we’re going to focus on \_\_\_\_\_. I encourage you to read the summary from the web page after the meeting. Let’s begin by watching a video.

*[Watch video.]*

For the next 3–5 minutes, let’s talk about what we’ve just watched. How could you use \_\_\_\_\_ in your healing journey?

Feel free to share aloud or in the chat.

**GROUP LEADER A:** Let's take the next few minutes to do our activity.

*[Read instructions and complete activity.]*

**GROUP LEADER A:** Now that we've done this activity together, take a minute to decide what healing activity you're going to do on your own.

## Healing Activities

**GROUP LEADER B:** What do you aspire to do between now and the next meeting? You can choose an activity from the examples below or come up with one of your own. Try to pick something that will work well for you and your needs at this time. For example, a goal of doing yoga every day for two hours may not be as realistic for you as deciding to try yoga once this week for 20 minutes. There is no wrong way to do this. Remember to be kind and patient with yourself.

*[Pause.]*

Who would like to share what they have chosen for their healing activity?

## Ideas for Healing Activities

- ◆ Walking
- ◆ Yoga
- ◆ Martial arts
- ◆ Reading
- ◆ Physical movement
- ◆ Listening to music
- ◆ Connecting with someone who uplifts you
- ◆ Spending time with pets
- ◆ Meditating
- ◆ Writing in a journal
- ◆ Guided imagery
- ◆ Hiking
- ◆ Being in nature
- ◆ Breathing exercise
- ◆ Preparing your favorite meal
- ◆ Mindful eating
- ◆ Coloring
- ◆ Art journaling
- ◆ Aspiration collage
- ◆ Practicing assertive communication
- ◆ Progressive muscle relaxation
- ◆ Reviewing your sleep routine
- ◆ Spending time away from social media
- ◆ Playing an instrument
- ◆ Saying positive declarations
- ◆ Trying a new class
- ◆ Playing
- ◆ Writing a list of inspiring quotes

# Grounding Exercise

**GROUP LEADER A:** Now let's move into a group grounding exercise to help us feel present and grounded before we leave. The more we practice grounding exercises, the better we'll be able to manage triggers and other stressors when they occur.

*[Choose a video or a group exercise from the web page.]*

# Meeting Closing

**GROUP LEADER B:** Thank you for being here and participating. We hope to see you next time. Remember, while everyone's healing journeys are different, attending meetings regularly can help support you on yours.

Let's close our meeting by saying our Aspiration Statement together. Please keep your microphone muted as you say the words aloud with me.

## Aspiration Statement

I am directing my thoughts and actions towards healing.

**GROUP LEADER A:** This completes our group for today. Thanks again for coming.