

Conference Call Number: (641) 715-3286
Host Access Code: 347560#

ISA Phone Meeting

Welcome to the ISA Telephone Group, a women's meeting of Infidelity Survivors Anonymous. My name is _____, I'm an infidelity survivor and your moderator for tonight.

To help reduce line noise please press "star 6" to mute your phone and press "star 6" again to un-mute when you would like to share. In this meeting we do not engage in crosstalk. Crosstalk means to interrupt or directly respond to the shares of other members or mentioning a member's name. Only the moderator may interrupt a member who is speaking. Please keep your shares to five minutes but feel free to share more than once.

Let's begin the meeting with a moment of silence for those who are still suffering from infidelity-induced trauma followed by the Serenity Prayer. [PAUSE] "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."

Would someone please state your first name and read the 12 Steps of ISA. Would someone please state your first name and read the corresponding tradition of the month.

Is there anyone at this meeting for her or his first time? If so, please state your first name only and what part of the U.S. or other country you are from. [Pause] Welcome. It's now time for introductions. It is the custom of this group to introduce ourselves by first name only and what part of the U.S. or other country we are from. My name is _____ from _____, I'm an infidelity survivor. [Pause]

We share about our own feelings and experiences with recovery from infidelity. Because this program is about our own recovery we do not concentrate on our partners' behaviors. We also ask that you only speak in "I statements" as opposed to "you or we statements." Please find more info about the program and our tools on the website at isurvivors.org.

Please avoid mentioning the name of a book, movie, treatment center or the like in your share because this can be viewed by some as promotion. It is OK, however, to talk about your experiences with these items. You can share more specific information after the formal meeting when fellowship begins.

Tonight we will share on...

[The chair reads an opening reading from a 12 Step book or from a meditation book approved by ISA and opens the meeting with reflecting on the reading and using I statements.]

The phone line is now open for discussion. We will share on the topic until _____ after which you will have a chance to ask questions and receive feedback. Please share on the topic or you can also do a brief check-in. Who would like to begin?

[Moderator: manage the meeting, make sure there are not long silences, and correct cross talk and we and you statements into I statements.]

[Moderator: begin closing the meeting at _____]

That brings us to the end of our time on the call tonight. As a gentle reminder for all of us, anonymity is the spiritual foundation of all our Traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here in the confines of your mind. Carry no gossip and always remember to place principles before personalities. Could someone please read the Promises of ISA? [Pause]

Are there any ISA related announcements? [PAUSE]

In closing, please join me in the closing 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.”

Now is the time for fellowship. We usually reserve the first 5 minutes for newcomers to ask questions. A newcomer is someone in her or his first 30 days of meeting attendance. After that, you may receive feedback at your request. After that, all are welcome to chat and exchange phone numbers. However, we ask you to refrain from giving unsolicited feedback and advice to other members.

[Moderator: initiate phone number exchange]

[Moderator: you can leave the meeting at _____, encourage other members to stay on the line and finish their discussions if they want to.]