

ISA MONDAY ZOOM Script

Healing Hopeful Hearts

[The moderator and the leader should be two different people. The moderator may start the meeting at the appointed time or wait up to five minutes to allow logon time.]

Opening

Welcome to the Monday ZOOM meeting of Infidelity Survivors Anonymous. This is a closed women's meeting for infidelity survivors. My name is [first name] and I'm an ISA (or Infidelity Survivor). Please mute yourself, except when you share or do a reading.

Let's begin the meeting with a moment of silence followed by the Serenity Prayer. Please unmute yourself so that we may speak together: (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.”**

Please return to mute status. We welcome you to the ISA fellowship and extend to you our support and friendship. ISA is a support group for overcoming infidelity and is based on the 12 steps of ISA. We offer hope, strength, healing and ultimately freedom whether you are still in active infidelity-induced trauma or beyond.

Our meeting readings (Script, Steps, Traditions, Promises) can be found on our website at isurvivors.org, under our Monday virtual meeting. Scroll down to “Host Materials” at the bottom. The additional readings are at the bottom of the Script document.

Our 7th tradition states that every ISA group ought to be fully self-supported, declining outside contributions. Please note that our homepage has a [Donate] button. Donations are private and are used for meeting expenses and operating costs, including our Zoom subscription. We suggest \$1-\$2 per meeting and newcomers are not asked to donate. Please donate as you can and if you are unable to do so, keep coming back!

- Would someone please put the donation link in the Chat section of our meeting?
- Will someone please state your first name and read the **ISA 12 Steps**? [Pause for reading.]

We have experienced painful betrayals, and it's our choice to decide what we do with these experiences. We are empowered individuals, and when we take care of ourselves, we can learn and grow from our experiences. When we work on our own recovery and rely on our Higher Power, we reduce the likelihood of something similar happening to us in the future and know what to do if it were to happen again.

ISA is an anonymous fellowship. Everything that is said, in our meetings and between members, must be held in confidence. By opening up to ourselves and each other, without fear of judgment, we help each other in the journey of recovery.

- Will someone please say your first name and read the **ISA Tradition of the month**? [Pause for reading.]

Please note the chat section of ZOOM. If you welcome contact from other ISAs, you may share your name and phone number. We encourage you to find a sponsor for recovery. If there is anyone willing to sponsor at this time, would you please put a note in the Chat section next along with your phone number letting other members know? If there are not enough sponsors, choosing a recovery partner or an accountability partner is recommended. A recovery partner is someone you work the Steps with and

an accountability partner is someone you choose to hold yourself accountable to. If you hear someone you relate to, please take their number and feel free to contact them.

- Is there anyone at this meeting for the first time? If so, would you **please turn on your camera, unmute and state your first name** so that we may welcome you? [extend a welcome]

We share our own experience, strength and hope with the group. We disclose in a general way what we used to be like, what happened, and what we are like now. Instead of the problem we focus on the solution. We use “I” statements, instead of “You” or “We” statements, because it forces us to take responsibility for our own beliefs and behaviors. It also makes the meeting safe for others who may disagree or have had different experiences. Please refrain from naming therapists, treatment centers, books or other details that may be viewed as promotion. This information can be discussed after the meeting has closed, during fellowship.

We respect other 12-step programs, but limit our sharing to issues related to ISA.

In this meeting we do not engage in crosstalk. Crosstalk means to interrupt or to directly respond to the shares of others or mention a member's name.

While sharing, you may ask for feedback. Feedback is given only after the formal meeting has closed, and fellowship begins. Unsolicited advice-giving and telling people what to do without their permission is strongly discouraged.

Today is the [1st – 5th] Monday of the month. We will be reading from _____ and discussing _____.

1st Monday – Al-Anon’s ***Paths to Recovery*** (Step that correlates to the month) or from ***ISA 12***

Step Worksheets

2nd Monday – ***The Language of Letting Go***

3rd Monday – Al-Anon’s *Paths to Recovery* (**Tradition** that correlates to the month)

4th Monday – *The Language of Letting Go*

{5th Monday – *The Language of Letting Go*}

- This week’s leader is... [Introduce the meeting leader and allow for their reading and share.]

The meeting is now open for sharing. You may share on the topic, do a check-in, and ask for feedback if you wish. Please state muted while others share and remember to time yourself for **5 minutes**. [Allow for sharing and record who asks for feedback.]

Closing [5 minutes before ending time]

The time to share has ended. The opinions expressed here were those of the people who gave them.

Take what is useful and leave the rest. Remember, what you hear at this meeting, and who attends, is confidential. It is not for public disclosure or gossip. Please, respect the privacy of those who shared with us today.

If you are like us, finding others that understand is a great comfort. [If there were newcomers, read: “To our newcomers, we are glad you are here today. We invite you to stay after the meeting for fellowship and answer any questions you may have. There is not one of us here who does not remember what it felt like to attend our first meeting.”]

Through the process of reaching out, we begin to get to know one another and understand that although we are all different, we can see that the program works, and that there is no circumstance too challenging to be improved and no sorrow too great to be lightened. Support is a vital part of our recovery.

- Will someone please state your first name and read the **Promises of ISA**? [Pause for reading.]
- Are there any ISA related **announcements**? [Pause for responses.]

[Announce if needed: “We will hold an ISA group conscience on _____ after the formal meeting has ended to discuss _____.”]

- Is there anyone who will volunteer to **moderate** the meeting next week? [Record in the GroupMe.]
- Is there anyone who will volunteer to **lead** (read and do the first share) next week? [Record in the GroupMe.]
- If there is anyone who would like to be added to the GroupMe app to stay updated and connected outside of this meeting, please state that request next to your phone number in the CHAT section of this meeting.

Please unmute and 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.”**

followed by **“Keep coming back, it works if you work it and you’re worth it!”**

Now is the time for fellowship. We reserve the first few minutes for newcomers to ask questions. A newcomer is someone in their first 30 days of meeting attendance. After that, we can provide feedback as requested. Then all are welcome to chat. Please refrain from giving unsolicited feedback or advice to other members.

- Do any newcomers have any questions or need feedback?

- _____ has asked for feedback. Does anyone wish to give her feedback? (Repeat until all feedback requests are addressed.)
- Now it is open for anyone to talk.

The 12 Steps of ISA

Step One

We acknowledged our powerlessness over other people's sexual behavior – that our lives had become unmanageable.

Step Two

Came to believe that a loving Power greater than ourselves could restore us to sanity.

Step Three

Made a decision to turn our will and our lives over to the care of a Higher Power of our own understanding.

Step Four

Made a searching and fearless moral inventory of ourselves.

Step Five

Admitted to our Higher Power, ourselves and to others the exact nature of our strengths and weaknesses.

Step Six

Were entirely ready to have our Higher Power remove all our unhealthy behaviors and beliefs.

Step Seven

Humbly asked our Higher Power to remove our shortcomings.

Step Eight

Made a list of the people we had harmed, and became willing to make amends to them all.

Step Nine

Made direct amends to such people, except when to do so would injure them or others.

Step Ten

Continued to take personal inventory. When we were wrong, we promptly admitted it.

Step Eleven

Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other infidelity survivors, and to practice these principles in all areas of our lives.

Twelve Traditions of ISA

1. Our common welfare should come first; personal recovery depends on ISA unity.
2. For our group purpose there is but one authority – a loving Higher Power as It may express itself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for ISA membership is a desire to recover from the traumatic effects of infidelity
4. Each group should be autonomous except in matters affecting other groups or ISA as a whole.
5. Each group has but one primary purpose – to carry its message to other people who still suffer from the traumatic effects of infidelity.
6. An ISA group or ISA as a whole ought to never endorse, finance, or lend the ISA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every ISA group ought to be fully self-supporting, declining outside contributions.
8. ISA should remain forever nonprofessional, but our service centers may employ special workers
9. ISA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. ISA has not opinion on outside issues; hence the ISA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV. Film, Internet and other public media. We need to guard with special care the anonymity of all fellow ISA members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.