

ISA Virtual Meeting Script

[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 Wednesday virtual meeting of Infidelity Survivors Anonymous. This is a closed women's meeting for infidelity survivors. My name is first name and I'm an infidelity survivor (or ISA). 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 the traumatic effects of infidelity and sexual betrayal. Our program 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 documents are found on the website at isurvivors.org, under Members & Core Literature.

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 virtual meeting subscription. Newcomers are not expected to give at their first meeting.

Will someone please state your first name and read the 12 STEPS OF ISA? *[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 experience. 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.

There is a strong emphasis on empowerment and finding solutions in ISA and therefore it is important to use the TOOLS of the program. The ISA Tools include Self-Care, Making Program Calls, Affirmations, Boundaries, The 12 Steps, and more. We recommend that new members attend a Tools Workshop. Please, find the Tools on the ISA website at isurvivors.org.

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 our virtual meeting. If you welcome contact from other ISAs, you may share your name and phone number, which is one of our tools of recovery. If you

would like to join our group chat for support outside of the meeting, please make a note next to your phone number in the CHAT section.

We encourage you to find an ACCOUNTABILITY PARTNER which is someone you choose to hold yourself accountable to. When you have gained enough stability from the significant trauma of betrayal and are ready to work the 12 Steps of ISA, you may do so with a SPONSOR, RECOVERY PARTNER or in a STEP GROUP. If you hear someone you relate to, please take their number and feel free to contact them.

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

Also, in our ISA group, we take time for all of us to turn on our cameras long enough to see each other's faces and wave. This helps us identify who is present in the zoom meeting and keeps it safe for other ISA members. After that, you are welcome to turn your camera back off if you wish.

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. We encourage you to experience your feelings without apologies or regret.

Please refrain from naming therapists, treatment centers, books or other details that may be viewed as promotion.

In this meeting we do **not** engage in CROSSTALK or CARETAKING. *Crosstalk* means to interrupt a speaker or directly respond to what someone else has said. When we share, we do not comment on another's share, give advice or mention a member's name. If someone begins to cry, we allow the person to feel their feelings without interruption. Comforting comments during the meeting are known as *caretaking*. We do not use the CHAT section for crosstalk or caretaking.

We respect other 12-Step programs, but limit our sharing to issues related to ISA. When speaking of our infidelity experience, we refrain from relaying graphic details. If you are triggered during the meeting, please take care of yourself.

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.

In this meeting we read from The Language of Letting Go (or other meeting approved literature) and 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 stay muted while others share and remember to time yourself for 5 minutes (can be adjusted for larger meetings, 3-4 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 12 GIFTS OF ISA? *[Pause for reading]*

Are there any ISA related ANNOUNCEMENTS? *[Pause for Intergroup, ISB, and Group Conscience 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 group chat]*

Is there anyone who will volunteer to LEAD (read and do the first share) next week? *[Record in the group chat]*

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 and offer gentle words of encouragement. Please refrain from giving unsolicited feedback or advice to other members.

[Moderator asks newcomers if they have any questions.]

[Moderator invites person who requested feedback to clarify exactly what they need.]

Does anyone have FEEDBACK for _____?