

ISA Virtual Meeting Script
Monday's Healing Hopeful Hearts Meeting @ 12 PM (CST)

[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 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, the 12 Steps, Traditions & Gifts, are found on the website at isurvivors.org, under Members and Core Literature. This meeting script can be found under our specific meeting, Healing Hopeful Hearts, on the meeting webpage.

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. We suggest \$1-\$2 per meeting. Newcomers are not expected to give.

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.*]

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

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.

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.

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. This information can be discussed after the meeting has closed, during fellowship.

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.

If any members consider themselves to be both the betrayed and the betrayer, we ask that you respect the other members of the group by saving this information for either a sponsor, other 12-Step meeting or a therapist. If these requests are violated, the meeting HOST will mute the person sharing to protect the group’s safety.

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.

Now is the time for our TOPIC. The LEADER has 8 minutes to read and share. Everyone else has 3.5-5 minutes [Time is at the MODERATOR’S discretion, depending on the number of ISA members in attendance].

Who would like to KEEP TIME today?

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

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

1st Monday – Al-Anon’s ***Paths to Recovery/Courage to Change*** (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/Courage to Change*** (Tradition that correlates to the month)

4th Monday – ***The Language of Letting Go***

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

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 that you have **3.5 minutes** to share. [*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*]

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.

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 _____?

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.

THE 12 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 no 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.

THE 12 GIFTS OF ISA

We know from our commitment to recovery and our experience in using the ISA tools, that our lives will be transformed.

1. We will know a new freedom, and we will experience joyful living.
2. We will accept our painful past and find purpose for our future.
3. We will know serenity, experience peace and receive healing in our lives.
4. By sharing our experience, we will see how our courage offers hope to others.
5. We will grow in self-esteem and self-compassion, developing a genuine connection to ourselves and others.
6. We will gain a healthy interest in our own lives and give to others from a place of fullness within.
7. Our perspectives will broaden, and new possibilities will become apparent.
8. We will grow to trust ourselves and learn how to develop relationships with trustworthy people.
9. Our lives will not be dictated by the fear of people or financial instability.
10. A healthy sense of fear will guide us in unsafe situations, we will learn to trust our intuition, and our self-confidence will grow.
11. We will learn to live authentically, finding clarity in what was once confusion and chaos.
12. We will know our Higher Power is working in our lives to accomplish what we cannot do on our own.

Having had a spiritual awakening as a result of working the ISA 12-Step program, we will experience these gifts and see these miracles come true.