

Tuesday Professionals ISA Zoom Script

[The moderator and the leader should be two different people. The moderator may start the meeting at the appointed time or when there are two people present.]

OPENING: Welcome to the Tuesday Professionals ZOOM meeting of Infidelity Survivors Anonymous. This is a closed co-ed meeting for infidelity survivors. My name is _____ and I'm a/an _____ (*infidelity survivor, sexual betrayal trauma survivor, label that feels true for you, or no label at all*) and your moderator for today.

Please familiarize yourself with the mute and un-mute features on your screen. (If you are calling in by telephone, you can mute and unmute yourself by pressing *6.) I will ask you to mute yourself, except when you would like to share. Only the moderator may interrupt a member who is speaking.

Let's begin the meeting with a moment of silence followed by the Serenity Prayer. Please unmute so that we may speak as one. [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 betrayal trauma caused by infidelity and sexually compulsive behavior; based on the 12 steps of ISA. We offer hope, strength, healing and ultimately freedom whether you are still in active sexual betrayal induced trauma or beyond.

Our meeting readings are found on our website at isurvivors.org, select "Meetings", then select "Tuesday Professionals Meeting" and then select "Host Materials". 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.

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 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.

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 ISA members and would like to be added to our GroupMe, you may share your name and phone number. We encourage you to find a sponsor for recovery. 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.

NEWCOMER SECTION: (Only read if necessary) Is there anyone at this meeting for the first time? If so, please state your first name and where you're joining us from. [Pause] 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 find more info about the program and our tools on the website at isurvivors.org.

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

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. Please avoid mentioning the names of books, movies, treatment centers, therapists or other details because this can be viewed by some as promotion. It is OK, however, to talk about your experiences with these things. You can share more specific information after the formal meeting when fellowship begins.

INTRODUCTIONS: We will now take turns introducing ourselves by first name only and where we are joining from.

SHARING: In this meeting we read from The Language of Letting Go, and this week's leader is... *[Introduce the meeting leader and allow for their reading and share.]*

The meeting is now open for discussion. You may share on the topic, do a check in, and ask for feedback if you wish. Please keep your shares to five minutes and I ask that you time yourself.

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

[Moderator: begin closing the meeting at 5 minutes before the end time]

CLOSING: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 to address 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 _____.”]

Meetings are a group effort. A newcomer is someone in their first 30 days of attendance. After that 30 days, we ask that members support our meetings by volunteering to do readings and moderating meetings with a simple script.

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.*]

Please unmute and join me in the closing Serenity Prayer:

“God, grant me the serenity to accept the things I cannot change, the 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. 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.

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.

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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 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.

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