

ASCASM Step Meeting Format

(Use for the Two Transitional Meetings Between Each Stage)

Version: 04/29/04

Preparations Before the Meeting:

- ◆ Distribute copies of any materials you will use during the meeting (Welcome to ASCA Step Meetings handouts, Community Resource List, etc.).
- ◆ Have some extra paper, pencils, magazines and butcher paper (for collage), scissors, glue, and crayons on hand.
- ◆ Arrange for a volunteer to read the selected step manual passage.

Part 1: Opening



Co-Facilitator One -

**Good (morning, afternoon, evening).
And welcome to ASCA.**

**My name is _____
and I will be the Co-Facilitator for this meeting along with _____.**

As we begin our meeting, let us pause for a moment of silence, to reflect on what we are feeling and what we want to accomplish here today.

Pause for about 30- 60 seconds.

The purpose of ASCA is to bring together within a nurturing and supportive community, we who were abused as children.

Today's meeting is one of two transitional Step Work meetings. We will contemplate and discuss the steps we have been working on in the past 7 weeks. Our aim is to also prepare ourselves for studying the next Stage and 7 steps.



Co-Facilitator Two -

Hold up the Welcome to ASCA Step Meetings handout.

Look around the room to insure that all participants have the handout.

By participating in this meeting, we all agree to honor and abide by the Ground Rules and guidelines contained in the handout, as well as any interventions made by the Co-Facilitators.

Let's take a minute now to review the Ground Rules and Guidelines.

Read out loud the Ground Rules in the handout. This is also a good time for a quick "Educational Moment" – such as explaining the "why" of a particular Ground Rule or Guideline (e.g., why it's important to keep our shares focused on the Step/Agenda, etc. See the "Mini-Scripts" provided at the end of this script for some ideas on what to say.)

In addition to our Ground Rules, we ask that you observe the same guidelines as all ASCA meetings. These guidelines are listed in your handout. We, the Co-Facilitators, are responsible for maintaining safety and will intervene if the guidelines or meeting ground rules are crossed. If you disagree with an intervention by a Co-Facilitator, please discuss the matter with us after the meeting.

Part 2: Group Check-In



Co-Facilitator One -

Can a volunteer please check the door to see if anyone is waiting to enter this meeting? Thank you.

*(*** Entry to meeting for people waiting outside the door.)*

We now want to give everyone who wishes to do so, an opportunity for a brief check-in, of about 30 seconds or less. The purpose is to share how we are feeling as this meeting begins. There is a list of feelings in your ASCA handout, which you may find helpful.

Please share with us what you are feeling, and what you hope to get from today's meeting. I will begin and we will proceed in a round robin fashion. Feel free to pass, if you wish.

(Co-Facilitator One begins with his/her check-in and then gestures to Co-Facilitator Two.)

My name is _____. I'm feeling _____. And what I'd like to get out of this meeting today is _____.

Part 3: Stages and Steps

For the first Step Work Transition meeting, read only the steps studied in prior Stage.

For the second Step Work Transition meeting, read only the steps that you will study in the next Stage.



Co-Facilitator Two –

For the 1st Week Transition meeting, read this.

We will now read out loud the seven steps from Stage _____, which we have been studying for the past few weeks. Who would like to volunteer to read those steps?

OR

For the 2nd Week Transition meeting, read this.

We will now read out loud the seven steps from Stage _____, which we will study in the next few weeks. Who would like to volunteer to read those steps?

Pass the Stages and Steps to the volunteer reader, who reads the section.

Stages and Steps

STAGE ONE: REMEMBERING

1. I am in a breakthrough crisis, having gained some sense of my abuse.
2. I have determined that I was physically, sexually or emotionally abused as a child.
3. I have made a commitment to recovery from my childhood abuse.
4. I shall re-experience each set of memories as they surface in my mind.
5. I accept that I was powerless over my abusers' actions, which holds **THEM** responsible.
6. I can respect my shame and anger as a consequence of my abuse, but shall try not to turn it against myself or others.
7. I can sense my inner child whose efforts to survive now can be appreciated.

STAGE TWO: MOURNING

8. I have made an inventory of the problem areas in my adult life.
9. I have identified the parts of myself connected to self-sabotage.

- 10. I can control my anger and find healthy outlets for my aggression.
- 11. I can identify faulty beliefs and distorted perceptions in myself and others.
- 12. I am facing my shame and developing self-compassion.
- 13. I accept that I have the right to be who I want to be and live the way I want to live.
- 14. I am able to grieve my childhood and mourn the loss of those who failed me.

STAGE THREE: HEALING

- 15. I am entitled to take the initiative to share in life's riches.
- 16. I am strengthening the healthy parts of myself, adding to my self-esteem.
- 17. I can make necessary changes in my behavior and relationships at home and work.
- 18. I have resolved the abuse with my offenders to the extent that is acceptable to me.
- 19. I hold my own meaning about the abuse that releases me from the legacy of the past.
- 20. I see myself as a thriver in all aspects of life - love, work, parenting, and play.
- 21. I am resolved in the reunion of my new self and eternal soul.

Part 4: Step Manual Reading (2nd Week Transition meeting only)

A designated volunteer reads the section from Survivor to Thriver, which pertains to this Step.



Co-Facilitator One -

**Can we have a volunteer check the door for people who may be waiting outside?
Thank you.**

*(*** Entry to meeting for people waiting outside the door.)*

In today's meeting, we will read a section from our Manual that introduces the next ASCA stage we will study.

(N) _____ will now read the section on Stage _____ from the Survivor to Thriver manual.

Part 5: Group Collage, Individual Journaling or Other Exercise



Co-Facilitator Two –

For the 1st Week Transition meeting, read this.

Thank you. We will now have 20 minutes of “quiet time” to do some individual or group work. We encourage you to use this time to reflect and work on the steps from Stage ____ in any way you feel comfortable. One suggestion for today’s transitional meeting is to help create a group collage, using the magazines and materials on the table.

You do not have to participate in a group. If you prefer, you can journal, draw, or work individually on the questions in the manual. I will set the timer to sound at 15 minutes and then reset it for 5 minutes. At the end of 20 minutes, we will begin our group share portion of this meeting.

Remember that this “quiet time” is designed to help us collect our thoughts and develop new ideas. If you would like to participate in the group collage or artwork, please do so without talking. You can relate any insights you gain from these 20 minutes during the next group share part of our meeting.

Also, as a friendly reminder, if you need to leave the room to get a drink of water or use the restroom, please do so during this time. Once our shares begin, we ask that you respect the group and observe Guideline #1 by remaining in the room until the end of the meeting. Thank you.

The Co-Facilitator sets the timer for 15 minutes, and then for 5 minutes. You also may want to check (one final time) on whether there are people waiting outside.

For the 2nd Week Transition meeting, read this.

Thank you. We will now have 15 minutes of “quiet time” to do some individual or group work. We encourage you to use this time to reflect on the steps from Stage ____ in any way you feel comfortable. One suggestion for today’s transitional meeting is to help create a group portrait, using the chalk on the table and the blackboard. Another suggestion is to draw a picture or write some words that come to mind, when you think of this next Stage, and then taping it on the wall.

You do not have to participate in a group. If you prefer, you can journal, draw, or work individually on the questions in the manual. I will set the timer to sound at 10 minutes and then reset it for 5 minutes. At the end of 15 minutes, we will begin our group share portion of this meeting. Remember that this “quiet time” is designed to help us collect our thoughts and develop new ideas. If you would like

to participate in the group collage or artwork, please do so without talking. You can relate any insights you gain from these 15 minutes during the next group share part of our meeting.

Also, as a friendly reminder, if you need to leave the room to get a drink of water or use the restroom, please do so during this time. Once our shares begin, we ask that you respect the group and observe Guideline #1 by remaining in the room until the end of the meeting. Thank you.

The Co-Facilitator sets the timer for 10 minutes, and then for 5 minutes. You also may want to check (one final time) on whether there are people waiting outside.

Part 6: Group Share

IMPORTANT: *If the group is larger than 10 people, consider breaking into two groups consisting of 6 - 10 people each. Each co-facilitator will then sit in one of the groups and read the lines for **both** Co-Facilitator One and Two.*



Co-Facilitator One –

We will now begin the group share part of our meeting. Let's start with a round robin. After this, we will have an open tag share. Please share for no more than 2 (or 3) minutes, just your *initial* thoughts or feelings about the steps in Stage _____. I will start and then the person on my left can go next. You may also choose to pass. I will set the timer to give you a 1-minute warning to wrap up your share.

Depending on the size of the group, the Co-Facilitator sets the timer for either 1 or 2 minutes, and then for 1 minute, for each speaker until everyone has had a chance to speak or "pass".



Co-Facilitator Two -

Thank you. We will now move into the open tag share part of our meeting. This means that the first volunteer picks the next speaker from among the people who raise their hands, and so on, until our time is up.

We ask that you limit your shares to 5 minutes or less, so that as many people as possible can have an opportunity to speak.

The timer will sound after 4 minutes. You will then have 1 minute in order to wrap-up your share.

In your tag share, please let us know if you'd like to receive feedback from others, and the type of feedback you would like to receive.

When someone asks for feedback, please stick to the feedback categories she or he requests. Remember that we allow only two types of feedback during this meeting: Supportive Comments and Information & Resources.

If you want to give feedback, please raise your hand so that the speaker can call on you. Please limit your feedback to 30 seconds or less. The timer will sound when 30 seconds is up. Each person will have up to 2 minutes to receive feedback, and then will have 30 seconds to state how she or he feels after receiving the feedback.

There is no crosstalk allowed in our meeting even when we give feedback. In this meeting, we define crosstalk as referring directly to another person by name or entering into a dialogue that excludes other group members. As the receiver of feedback, you may be tempted to ask questions or make further comments. But please refrain from doing so until after the meeting.



Co-Facilitator One -

In today's meeting, we are concentrating on Stage _____.
We encourage everyone to continue to focus his or her share on this Stage.
Do we have a volunteer to start the tag shares?

Co-Facilitator selects a volunteer from among those who raise their hands to start the tag shares.

Note: *When the time has concluded for sharing, if you split into two groups, reconvene into the large group.*

Part 7: Closing



Co-Facilitator Two -

Thank you for your shares. Before we conclude our meeting, we want to give everyone who wishes to do so, an opportunity to make a brief comment, of about 30 seconds or less on how you feel as we prepare to close our meeting. Also, please share what you feel you got out of this meeting. I will begin and we will proceed around the circle.

(Co-Facilitator Two begins with h/her closing comment and then gestures to the next person.)

I'm feeling _____ . What I got out of this meeting today is _____ .

(After everyone has made a closing comment, Co-Facilitator Two continues.)

Thank you.

We encourage everyone to make telephone contact during the week to deepen your step work and enhance group relationships. Please take a moment after the meeting to arrange support for yourself and one another.

One suggestion is to select a buddy from the telephone list and check in with each other before the next meeting. Another suggestion is to meet for coffee before or after this meeting.

We will leave the telephone list on the table after everyone has signed up. When you sign the list, you are volunteering to be a buddy for just that week. Anyone who writes down your number and/or email address is agreeing to use it for just this week. There are some helpful guidelines for developing a buddy system in your ASCA handout.

We are now going to pass around the telephone list and a basket for contributions. Please give what you can so that our meetings can be self-supporting.

(Pass around a basket so that people can contribute money for the meeting. Pass around the telephone list.)



Co-Facilitator One –

In 1st Week Transition Meeting read this:

Next week we will have our second Step Work Transition Meeting and introduce Stage _____ .

We recommend that you review the steps in Stage ____ in your *Survivor to Thriver* manual, on your own or with a buddy, to prepare for our next meeting.

Are there any ASCA-related announcements?

In 2nd Week Transition Meeting read this:

Next week we will concentrate on Step _____. (Read the Step.)

We recommend that you review Step _____ in your *Survivor to Thriver* manual, on your own or with a buddy, to prepare for our next meeting.

Are there any ASCA-related announcements?



Co-Facilitator Two –

Your value is in bringing who you are – wherever you are in life -- to our group. As always, please remember that our shares are confidential and private. What you heard today is not for gossip or public disclosure outside this room.



Co-Facilitator One -

It is our tradition to recite our Closing Statement together. A copy of the Closing Statement is located on the last page of your handout.

(Pause for a moment and then begin.)

We have come together to face our past, united in survival, determined to rebuild our lives, by healing the pain, and transforming our shame.

We will find comfort in our safe places wherever they may be. Feelings can be felt, memories can be recalled and sensations can be soothed.

We close our meeting now with renewed faith in our power, armed with self-knowledge, fed by our strength drawn from survival, empowered by the challenge of change, and graced with a sense of hope for what our future can be.



Co-Facilitator Two -

Thank you for your participation and support. We look forward to seeing you next week!

“Educational Moments” Mini-Scripts

1. Share Guidelines/Staying Focused on the Step

This week we want to talk about the heart of our share guidelines and why we have a ground rule about staying focused on the step and agenda. There are several reasons we want to elaborate on this:

1. Our shares about the steps we are studying are the heart of this meeting; and
2. There have been some questions raised by participants after meetings about the content and focus of some of these shares

The purpose of our shares is to explore aspects of our recovery – in relation to the specific step, which we are studying. It is especially helpful when each person’s share is aligned with the step or topic of the meeting because it enhances our group’s collective understanding, information, and pool of resources.

I am quoting from "Handbook," 1995, page 31:

ASCA Speaker and Share Guidelines¹

Whatever you find has been particularly helpful in your recovery may be just the message that someone else finds helpful too. Shares are most effective **when you speak about yourself**. If you need to reference someone else, try to focus on the impact that the other person had on you. You are the person we care most about hearing from.

The following are some ideas on what you might consider sharing.

1. How you work the step.
2. What you do when you need some hope to go forward in working that particular step.
3. Your success stories and strategies related to this step.
4. Problems you are facing as an adult that connect to this step.
5. How you nurture your inner child and deal with your feelings about the step.
6. Recovery strategies to deal with shame, self-doubt, and self-sabotage about being able to work this step.

Whatever you decide to share, please present it in a way that people can **hear it and understand it**. If what you are saying stirs up strong feelings, try to put those feelings into words rather than expressing them by shouting, acting out, or using inflammatory or abusive language. Remember that ASCA meetings need to be a safe place for survivors. ASCA's strength is the unshakable conviction that we can and will recover, if we work the steps.

¹ The Norma J. Morris Center for Healing from Child Abuse (1995). *ASCA Handbook*, p. 31.

2. The 30-Second Closing for Meetings

This week we want to talk about the purpose of the meeting checkout. The 30-second checkout at the end of the meeting is an important opportunity to share how we are feeling and what we take away with us from the meeting --not to comment on group process or evaluate the meeting. We have a list of feelings in our "Welcome to ASCA" handout that can help us figure out how we feel and then articulate that feeling.

The closing checkout is only 30 seconds long in order to force us to pick one or two words that best describes our emotions. This helps us to focus and re-connect our heart with our mind and body. It helps other participants to hear how people are feeling; and it helps the co-facilitators gauge the sense of safety in the room as the meeting ends.

There are many areas in our life where it is helpful to be able to stop and quickly figure out how we are feeling—and then summarize it. The 30-second wrap-up is good practice for transitioning from our meeting to our lives at home, work, and play.

3. The ASCA Philosophy

Our ASCA program has a Statement of Philosophy. This philosophy statement embodies what we value and believe. It represents what the 12-Step program calls "traditions". But how many of us take the time to really understand and absorb what we are claiming to believe and stand for?

Our statement of philosophy represents who we are and why our groups exist. In it, we make a solemn pledge to each other:

1. To listen to every member's story – "their efforts to remember, grieve, and heal" - no matter how difficult it might be to hear. This means that if we get triggered by someone's share, and need to leave the room, we do so quietly and respectfully.
2. To "offer respect, support, and hope" to each other and to "challenge our own self-judgments". This is why we offer supportive feedback to each other and approach each other respectfully after the meeting, to talk further.
3. To hold what we hear in this room in strict confidence. This means we, basically, don't talk about people or their shares behind their backs. And last, but not least,
4. To allow everyone to take the lead in deciding what the past means for them. This means that we do not judge or tell people how they should do their recovery. We are here to support each other in our mutual journey towards healing and thriving. And although we may share similar paths, we must respect that we each have our own road to travel.

We, the co-facilitators, just want to remind you of ASCA's philosophy and values. We ask that you help us live it through your actions – both during and after our meetings.

You can find a copy of the philosophy statement on the literature table.

Welcome to Our ASCA Step Work Meeting

Welcome to our ASCA Step Work Meeting! In this meeting, we will share with each other many resources, experiences, and ideas. **We encourage you to develop your own understanding of the step being discussed.** You do not need to be an expert on the 21 steps to participate in this Step Meeting. **None of us is an “authority” on the steps. Every participant’s opinion is equal and welcome!**

Note: In order to participate in this meeting, you will need the *Survivor to Thrive Step Work Manual*. You can (at no charge) download the manual from our ASCA website, at www.ascasupport.org. You can also purchase a printed copy. Please ask one of the meeting facilitators.

How the ASCA Step Meetings Flow

There are three stages in the ASCA program. Each stage consists of seven steps. We study each step in sequence for seven weeks. We then conduct two transitional meetings before moving on to the next stage.

STEP WORK STUDY MEETING

SEGMENT	TIME
1. Welcome	5 min.
2. Check-In	5 -10 min.
3. ASCA Stages & Steps	5 min.
4. Step Reading from Manual	5 min.
5. Individual Journaling, Art work, or other exercise [Quiet Time] Group Share [Breakout]	10 min.
6. Round 1: Uninterrupted “Go-Around” Group Share	18-20 min.
7. Round 2: Tag Shares with Feedback	45 min.
8. Checkout	5 -10 min.
9. Encouragement to Use Buddy System Between Meetings	1 min.
10. Closing	5 min.
	120 min.

STEP WORK TRANSITIONAL MEETING

SEGMENT	TIME
1. Welcome	5 min.
2. Check-In	5 -10 min.
3. ASCA Steps for Prior Stage/Next Stage of Study	2 min.
4. Transition Reading from Manual (2 nd Transition Week only)	3 min.
5. [Quiet Time] Group Collage/Mural or Individual Journaling, Art work	15 - 20 min.
6. Group Share [Breakout]	
7. Round 1: Uninterrupted “Go-Around” Group Share	18 - 20 min.
8. Round 2: Tag Shares with Feedback	45 min.
9. Checkout	5 -10 min.
10. Encouragement to Use Buddy System Between Meetings	1 min.
11. Closing	4 min.
	120 min.

ASCA Step Work Meeting Ground Rules

Do's and Don'ts	<i>Please remember that we all bear responsibility to keep this step work meeting helpful and safe.</i>
Do:	<ul style="list-style-type: none"> ◆ Show respect for each other and for the group ◆ Stick only to the requested feedback categories ◆ Speak about your own feelings/experience and use "I" statements ◆ Stay focused on the step and agenda ◆ When in doubt, tone down your comments or ask for clarification from the Co-Facilitators
Don't:	<ul style="list-style-type: none"> ◆ Don't shout or use excessive profanity in the group ◆ Don't use "should" statements ◆ Don't criticize, belittle, attack, or "tease" anyone in the group ◆ Don't try to psychoanalyze or "take another person's inventory" ◆ Don't interrupt another speaker or have side conversations

In addition to our **Ground Rules**, we ask that you observe the same guidelines as all ASCA meetings:

1. **Please arrive on time and remain until the conclusion of the meeting.** If you need to leave the room to get a drink of water or use the restroom, please do so during the "Quiet Time". Latecomers will be asked to wait outside so that speakers who are sharing are not interrupted. There are three opportunities for entry: a) just prior to the group check-in, about 6 minutes into the meeting, b) just prior to the Step Manual reading, about 15 minutes into the meeting, and c) at the beginning of "Quiet Time", about 20 minutes into the meeting. No one will be allowed in after this time.
2. **ASCA meetings are exclusively for adult survivors of physical, sexual, or emotional childhood abuse.**
3. **This is an anonymous meeting. Only first names are used.**
4. **What you hear today is told in confidence and should not be repeated outside this meeting.**
5. **We ask that no one attend our meeting under the influence of alcohol or drugs, unless it is a physician-prescribed medication.**
6. **ASCA meetings are not intended for survivors who are currently perpetrating abuse on others.** Talking about your own acts of present perpetrator type behavior is not permissible. Talking in detail about past perpetrator behavior is also not permissible.
7. **Language that is considered derogatory concerning race, gender, ethnicity, religion, sexual orientation or other minority status is unacceptable in our meeting.**
8. **By participating in this meeting, we all agree to abide by the spirit of ASCA, our guidelines and any interventions by the Co-Facilitators.**

Meeting Tips

- You may experience some strong feelings that may seem unexplainable or unexpected. See if you can allow yourself to experience these feelings here among other survivors.
- Should you feel safer leaving the room, please do so quietly. If you would like someone to accompany you, quietly ask one of the co-facilitators, or raise your hand so that we may ask for a volunteer to go with you.
- If you disagree with an intervention by a Co-Facilitator, please discuss the matter with the Co-Facilitator after the meeting. Please do not disrupt the meeting by trying to engage the Co-Facilitator about an intervention during the meeting. This creates an unsafe environment for everyone.

Categories of Feedback

Remember: feedback is not a time to give a mini-share. It is an opportunity to say something supportive directly to another person.	
CATEGORY	DESCRIPTION
1. Supportive Feedback	<ul style="list-style-type: none"> ◆ Mirroring the speaker by sharing your own experiences ◆ Offering direct acknowledgement and encouragement <p style="text-align: center;">Examples:</p> <ul style="list-style-type: none"> • <i>Nurture</i> - I think you were courageous to do what you did. I think you are just wonderful. • <i>Affirm</i> - I agree with you. It takes a lot of hard work to transform our lives. • <i>Validate</i> - What you said made so much sense. I can really appreciate how you are feeling.
2. Information and Resources	<ul style="list-style-type: none"> ◆ Helpful hints ◆ Resource information such as books, tapes, movies, or groups that you may have found helpful <p style="text-align: center;">Examples:</p> <ul style="list-style-type: none"> • <i>Hints</i> - I discovered a wonderful way to calm myself when I feel bad memories overwhelming me at work. I use a breathing technique called 4-box. It consists of... • <i>Resources</i> – I am reading a book called, _____, that's giving me so many insights on how to set better boundaries with my family and friends. I've tried some of the suggestions and they worked. I highly recommend it!

Using the "Buddy System": Some Suggested Guidelines

Purpose and benefit: You may find this tool helpful. Working with another person on a step, and checking in with each other between meetings, can help us reach our goals sooner than working alone. It's much more motivating to work on something difficult when you get support from someone who is working on similar issues.

Participants in this meeting are encouraged to **self-select** someone with whom to work on the steps between meetings. For example, you can ask a friend, who is also attending the step meetings, to act as your buddy for the entire 21-step cycle. You can also pair up with a different person each week, using the Telephone List. Remember that using the Buddy System is totally **voluntary**.

1. Talk with your "buddy" after the meeting to schedule a check-in day before the next Step meeting.
2. Set 1 - 2 goals for yourself that week (concerning the step work). You can work on the step for next week's meeting or any other step, on which you want to work, at this point of your life.
3. Check in with your buddy at the agreed upon time.
4. Discuss how your work on the steps is going, what questions or issues have come up, how you're addressing them, etc. Ask for feedback and let your buddy know what kind of feedback you want to receive. We suggest you stick to the two categories of Supportive Comments and Information & Resources.
5. Listen to your buddy talk about his/her goal for the week. **If asked**, give feedback to your buddy on his/her questions.
6. Are you ready to set your next goal? If so, you can let your buddy know what that goal is. If not, you can discuss and ask him/her for ideas on this.

A Partial List of Feelings

We experience a variety of feelings in any given situation. Sometimes our feelings may even seem contradictory. Reviewing this list might help you associate a label or word with the feelings you are experiencing **right now**.

A	<i>Abandoned, abused, accepted, accused, admired, adventurous, affectionate, affirmed, afraid, aggressive, aggravated, agitated, alarmed, alienated, alive, alone, ambivalent, angry, annoyed, antagonistic, anticipated, anxious, apathetic, appreciated, apprehensive, approved, arrogant, ashamed, assertive, attacked, attractive, awed, awkward,</i>
B	<i>Balanced, beaten, belligerent, betrayed, bewildered, bitter, blamed, bored, bothered, bugged, burned up</i>
C	<i>Capable, cared for, castrated, caustic, chagrined, challenged, cheated, closed, comfortable, comforted, compassionate, competent, complacent, compromised, concerned, confident, confused, congruent, connected, consumed, contaminated, controlled, out of control, creative, cross, cruel, crushed, curious,</i>
D	<i>Dead, deceived, defeated, defensive, defiant, degraded, dejected, delighted, deserving, desired, desperate, destroyed, devastated, dirty, disappointed, discontented, disgusted, disillusioned, disjointed, dismayed, distant, distorted, distracted, distressed, disturbed, dominated, domineering, drained, dread, drowning, drugged, dumb, dying,</i>
E	<i>Eager, edgy, egotistic, elated, embarrassed, embraced, empty, endangered, enraged, enthused, envious, evasive, exasperated, exhausted, exhilarated, exploited, explosive, exposed,</i>
F	<i>Failed, failure, fat, fatigued, fearful, fighting mad, floundering, fooled, forgiven, forgotten, fouled, free, friendless, friendly, frightened, frustrated, furious,</i>
G	<i>Galled, generous, genuine, gifted, gracious, grateful, gratified, greedy, grumpy, guilty,</i>
H	<i>Hate, hated, hatred, healed, heavy, helpless, hopeful, hopeless, hostile, hurt, hyperactive, hypocritical,</i>
I	<i>Ignored, immobilized, impatient, impotent, inadequate, indifferent, incompetent, inconsistent, in control, indecisive, independent, indignant, inferior, infuriated, inhibited, injured, insecure, irked, irritated, isolated, intense, integrated, intimate, intimidated, irrational, irritable,</i>
J	<i>Jealous, joyful, judged, judgmental, liberated, light, limited, lonely, like a loser, lost, lovable, loved, loyal,</i>
M	<i>Mad, manipulated, marked, masked, masochistic, melancholic, miffed, misinformed, misunderstood,</i>
N	<i>Naked, needy, neglected, noxious,</i>
O	<i>Obligated, offended, optimistic, outraged, overlooked, oversized, oversexed, overwhelmed,</i>
P	<i>Pain, panic, paranoid, passionate, peaceful, persecuted, perturbed, pessimistic, phony, pissed-off, playful, pleased, pleased, possessed, possessive, powerful, powerless, precious, preoccupied, pressured, private, protective, proud, provoked, punished, purposeful, put down, put out, puzzled,</i>
R	<i>Rageful, rambunctious, reassured, rejected, resentful, responsible, responsive, restrained, resurrected, revengeful, reverence, rewarded, rigid,</i>
S	<i>Sacred, sad, sadistic, scapegoated, scared, secretive, secure, seductive, seething, selfish, sensual, shaky, shamed, shocked, shy, sick, sincere, sinful, smothered, soiled, sorrowful, spontaneous, spiteful, stressed, strong, stubborn, stupid, subservient, superior, supported, suspicious, sympathetic,</i>
T	<i>Teed off, tender, terrified, threatened, ticked off, tired, tolerant, tolerated, traumatized, tranquil, triumphant, trusted, trusting, turned off,</i>
U	<i>Ugly, unable, unappreciated, unbalanced, uncertain, understood, unfulfilled, unhappy, unique, unloved, unprepared, upset, unresponsive, unlikable, uptight, used, useful, useless,</i>
V	<i>Vain, valuable, vengeful, vicious, vindicated, vindictive, violent, vulnerable,</i>
W	<i>Warm, weak, weary, whole, withdrawn, wonderful, worn out, worthless, worthy</i>
Y	<i>Youthful, yearning</i>
Z	<i>Zany, zealous</i>

Daily Survival Tips

Here are some suggestions about what to do when the memories, feelings, thoughts or sensations get to be more than you think you can handle. Start with the first tip and go down the list as needed until the crisis subsides.

1. Just let them happen, don't fight them. Experience what they are.
2. Write about them in your journal.
3. Talk to someone you trust.
4. Remember your strengths that helped you survive as a child.
5. Do exercise, yoga, meditation or a relaxation exercise.
6. Go to your safe place or call on your Higher Power.

7. Do art - drawing, painting or collage - to express your feelings, organize your memories and demonstrate your strength.
8. Call a recovery “buddy” or someone on the phone list.
9. Call your therapist.

ASCA Closing Statement

We have come together to face our past, united in survival, determined to rebuild our lives, by healing the pain, and transforming our shame.

We will find comfort in our safe places wherever they may be. Feelings can be felt, memories can be recalled and sensations can be soothed.

We close our meeting now with renewed faith in our power, armed with self-knowledge, fed by our strength drawn from survival, empowered by the challenge of change, and graced with a sense of hope for what our future can be.