

ASCA Statement of Philosophy

(Read at the beginning of all meetings)

Volunteer Reader One

We are here today to face our past and reclaim our lives as survivors of childhood abuse. We know intuitively or objectively that we were physically, sexually, or emotionally abused as children. We believe that our abuse has affected who we are as adults today. We are determined to remake our lives by taking back what was once taken from us - our innocence, our power, our right to determine who we are and how we will live in the world.

Volunteer Reader Two

We hold our abusers responsible for the abuse, whomever they may be, for we, as children wanted only their love. We hold that only we are responsible for our lives as adults. We accept that recovery involves discussing the memories of our abuse. We believe that there is power in remembering despite the pain that it will bring. We accept that we cannot do this alone. We need the help of others to transform the shame into selfcompassion, self-empowerment, and self-acceptance.

Volunteer Reader Three

We believe that everyone has their own unique story to tell. We pledge to listen to every member's efforts to remember, grieve, and heal. We will offer respect, support, and hope to help challenge the selfjudgments, self-criticism, and self-blaming that holds us hostage to our past. We will hold in confidence what we hear of others' most vulnerable secrets. We will allow everyone to take the lead in deciding what the past means for them.

Volunteer Reader Four

We are prepared to commit our hearts, our minds, and our spirit to change our lives. We understand that we as children were victims. We believe that today as adults we are survivors. We trust that tomorrow with recovery we will live as thrivers. We pledge today to stand together united in our best efforts to heal from the past. We make this pledge to ourselves in the company of our peers on this day forward.