

Survivors of Incest Anonymous
For Adult Survivors of Childhood Sexual Abuse
Creative Healing Script



Welcome to the Thursday Night, Creative Healing Meeting of Survivors of Incest Anonymous. My name is _____, and I am a survivor.

Would all who care to please join me in the Serenity Prayer.

In order to get to know each other, let's all introduce ourselves by our first names only.

To any newcomers, welcome. Please be aware that is a special meeting focused on creative exploration and its relationship to the healing process. It is a workshop, not a regular SIA meeting.

This meeting is for adults who were abused as children. This is a place to work on healing the wounds of incest and childhood sexual abuse.

SIA is an anonymous fellowship. Everything shared in the meeting, and member to member, must be held in confidence. When we feel safe, we can honestly share what's in our hearts, which is how we truly help each other in SIA.

Due to the workshop nature of this group some readings are abbreviated.

Would someone please read:

- 1) "The Twelve Adapted Step"
- 2) (*leader read*) The Tradition of the month
- 3) "The Solution"
- 4) The abbreviated "Guidelines for Safe Sharing."

Are there any announcements?

Tonight's Process

We will have 20 minutes to create or make. Forms of creativity may include writing, drawing and coloring, collage, dance, performance and musical play, meditation, or any other form of creative making you wish to engage in. After creative play, the group will regather and share their creations and/or talk about their creative processes and its relationship to their survivor issues.

Before proceeding, would someone please read "**Why We Use Creativity to Heal.**"

Would someone please volunteer to be timekeeper (*set timer for 15 and 5*). The first timer will go off in 15 minutes giving participants five minutes to wrap up. After the second timer goes off, we will regroup and share.

After Creative Play

Divide remaining time equally. Leave 5 minutes for closing.

(If more than 10 people are present, ask for a group conscience about splitting up into two subgroups for sharing time. If the group decides to split, have members count off "1,2,1,2 . . ." to determine group composition.

Also, based on the number present, determine the amount of time for sharing and ask someone to serve as timekeeper. Sharing time should finish approximately 5 minutes before the meeting's end.

Closing

(Gather people back together for closing)

"That's all the time we have for creative play and sharing this evening. Thanks to each of you for contributing to making this meeting a safe place for survivors to explore their creativity.

The 7th Tradition: SIA is fully self-supporting, declining outside contributions. Please contribute as you can (*donations can be made via PayPal or Venmo*).

Will someone please read the **Twelve Promises**?

Last, for all who'd care to, please join me in the Serenity Prayer.

The Twelve Adapted Steps

1. We admitted we were powerless over the abuse, and that our lives had become unmanageable.
2. Came to believe that a loving Higher Power, greater than ourselves, could restore hope, healing, and sanity.
3. Made a decision to turn our will and our lives over to the care of a loving Higher Power, as we understood Her or Him.
4. Made a searching and fearless moral inventory our ourselves, the abuse, and its effects on our lives. We have no more secrets.
5. Admitted to a loving Higher Power, to ourselves, and to another human being our strengths and weaknesses.
6. Were entirely ready to have a loving Higher Power help us remove all the debilitating consequences of the abuse and became willing to treat ourselves with respect, compassion, and acceptance.
7. Humbly and honestly asked a loving Higher Power to remove all the unhealthy and self-defeating consequences stemming from the abuse.
8. Made a list of all the people we may have harmed (of our own free will), especially ourselves and our inner child, and became willing to make amends to them all.
9. Made amends to such people wherever possible, except when to do so would result in physical, mental, emotional, or spiritual harm to ourselves or others.
10. Continued to take responsibility for our own recovery, and when we found ourselves behaving in patterns still dictated by the abuse, promptly admitted it. When we succeed, we promptly enjoy it.
11. Sought through prayer and meditation to improve our conscious contact with ourselves and a loving Higher Power as we understood Her or Him, asking only for knowledge of Her or His will for us, and the power and courage to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to other survivors and practice these principles in all of our endeavors.

The Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority – a loving Higher Power, as this one may express her or himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is that there be a problem of sexual abuse in yourself, a friend, or relative.
4. Groups should be autonomous except in matters affecting SIA as a whole.
5. Each group has but one primary purpose – to carry its message to the sexual abuse victim who still suffers.
6. An SIA group ought never to endorse, finance, or lend the SIA name to any outside enterprise lest problems of money, property, and prestige divert us from our primary objective.
7. Every SIA group ought to be fully self-supporting, declining outside contributions.
8. Survivors of Incest Anonymous twelve step work should remain forever non-professional, but our service centers may employ special workers.
9. Survivors of Incest Anonymous groups, as such, ought never be organized, but they may create service boards or committees directly responsible to those they serve.
10. Survivors of Incest Anonymous has no opinion on outside issues, hence the SIA name ought never 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, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place **principles before personalities**.

The Solution

The solution is to become our own loving parent as we work in partnership with a higher power of our own understanding.

As SIA becomes a place where we feel safe, we find the courage and strength to move out of isolation, to recover our feelings and memories, to reveal the incest and its many effects on us, and to work through the wreckage of the past. We become adults no longer imprisoned and driven unconsciously by childhood impulses and reactions. We recover and integrate our inner child or children, thus learning to accept and love ourselves fully.

We work this program one day at a time with the help of our higher power, the 12 Steps, the 12 Traditions, the Serenity Prayer, meetings, sharing, writing, sponsors, the telephone, therapy, meditation, prayer, fellowship, and books. These tools enable us to progress from hurting, to healing, to helping. We learn to restructure our thinking and behavior. We learn to be actors, not reactors. We gradually regain the sanity, wholeness, and authenticity that were stolen from us by our perpetrators.

In SIA we learn that incest and the interwoven family chaos was a disease that traumatized us as children and left us traumatized as adults. We learn that we did not cause this disease, we could not control it, and we could not cure it. We learn to keep the focus on ourselves in the here and now. We learn to take responsibility for our lives today, and to supply our own parenting, in partnership with a higher power.

The 12 Guidelines for Safe Sharing at Zoom Meetings (Abbreviated)

- 1. We do not allow perpetrators at SIA meetings.** We may not talk about adult perpetrating behaviors--including sexual objectification--in practice or fantasy.
- 2. We do not name the person when we Identify** and give feedback only when asked.
- 3. We talk in 'I' Statements.** If you're multiple or referring to you and your inner kids, let the group know that your "We" applies only to yourself.
- 4. We announce when reading or quoting non-SIA literature** or sharing graphic memories.
- 5. We may express intense feelings or emotions** through words, or sob, during the meeting.
- 6. We do not discriminate.** Anger should be directed at the perpetrators specifically, not general groups.
- 7. We do not name call, criticize, gossip, or violate communication boundaries.**
- 8. We do not break anonymity** about anything shared in or out of the meeting.
- 9. No Cross Talk** while others speak, give advice, or attempt to comfort others.
- 10. If someone is triggering,** we step out during their share, set boundaries, take the feelings back to the original abuse, and/or comfort our inner children.
- 11. Maintain proper zoom etiquette.** Please keep your device muted when not sharing. If you wouldn't do it in an in-person meeting, don't do it in a zoom meeting.
- 12. We do not 13th Step** or ask for a romantic date in or out of the meeting.

If these guidelines are not followed anyone may ask to reread the [full] guideline. If violations continue a Group Conscience Safety Check may be called. When situations repeatedly create a lack of safety, the group may ask a person to leave.

When enforcing these guidelines be gentle with each other and ourselves.

Why We Use Creativity to Heal

Art is a wound turned into light (*1). At the deepest level, the creative process and healing process arise from a single source. When we are artists, we are healers; a wordless trust of the same mystery is the foundation of our work and its integrity (*2). Why? Creativity has the ability to move people along their journey of grief and loss into a more balanced place of healing and hope. In the face of tragedy, the creative process can help re-calibrate a survivor's life (*3). In effect, the arts and creative practices are a critical component of healthcare. Expressive art is a tool to explore, develop and practice creativity as a means to wellness (*4).

1. Georges Braque
2. Rachel Naomi Remen, MD
3. The Chandler Gallery at Maud Morgan Arts
4. Wellarts Association

ADAPTED 12 PROMISES of SIA

1. We will finally know freedom, happiness, and serenity.
2. We will remember the past at last and walk freely away from it with our child intact.
3. We will comprehend the word "safety."
4. We will know sleep without fear.
5. No matter how terrible the incest, nor how devastating its effects, we will recover and become whole again.
6. That feeling of hopelessness and self-condemnation will disappear.
7. We will lose our sense of toxic shame and gain self-respect.
8. Revulsion will slip away.
9. Our perpetrators will no longer have any power over us.
10. Fear of love and sexuality will leave us.
11. We will intuitively know how to handle intimacy.
12. We will suddenly realize that we are alive, lovely, whole, sane, and safe.