



FINDING *hope*  
SUPPORT GROUPS

GROUP SCRIPT



## Welcome

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**Leader #1:** *Welcome everyone. I'm [first name], and I'm one of the group leaders. Before we get started, I want to remind everyone that this is a closed meeting for survivors only. If you are not a survivor of child sexual abuse, we ask you to please wait outside until the meeting is over. My role will be to lead the meeting and make sure that our meeting stays on track. You are welcome to spend time talking after, but we ask that you refrain from giving advice during the group meeting.*

**Leader #2:** *I'm [first name], and I'm the other group leader. My role is to provide support and help maintain a safe environment.*

**Leader #1:** *I'd like to welcome any new members or visitors that are here. Our meeting will go in this order: we'll read the purpose statement together, I'll ask for volunteers to read our meeting guidelines, and from there we'll ask that everyone participate in the check-in. Make sure you received a worksheet and have it filled out. Now, let's read our purpose statement together.*

### **PURPOSE STATEMENT**

We are survivors. We share our courage, hope, and experience through this safe community of support. Understanding our trauma and the impact of abuse provides a foundation to apply healing tools and strategies. We use this meeting to strengthen ourselves through practicing the 5 Strategies to Reclaim Hope. We use the power of this safe community to move forward on our healing journeys and help others find their way. We will learn from each other and reclaim hope.

**Leader #1:** *Thank you. Now we're going to read the meeting guidelines. We read these every week to remind ourselves how we can get the most out of our time together and ensure everyone feels safe. Could I get a few volunteers to read our meeting guidelines?*

## MEETING GUIDELINES

- We maintain confidentiality by using only our first names and not divulging what happens during our meetings, even to our families or significant others.
- We turn off cell phones when the meeting begins.
- We use appropriate language and don't raise our voices, no matter the emotions.
- We don't give advice, only support.
- We use "I" statements.
- We don't share details of our trauma; we give "headlines, not details."
- We accept all participants regardless of age, race, religion, sexual orientation, background, or ability.
- We don't interrupt. We are quiet while someone else speaks and don't engage in side conversations.
- We don't make solicitations or assumptions related to religion, business, or politics (including selling or recruiting).
- We ask everyone to check in, but we don't require participants to share; sharing is always voluntary.
- We hold ourselves and each other accountable and enforce the guidelines of the group.
- We follow the script as it's laid out without deviating. In this way we are able to maintain a safe, predictable meeting.

**Leader #1:** *Thanks so much for reading those. Next, we'll move on to the check-in. Let's take a minute to make sure everyone had time to fill out their worksheet.*

## Check-In

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**Leader #1:** *I'll go first to give you an idea of how to do it. Make sure to keep your answers short, and we ask that everyone here participate in the check-in. After I check in, we'll then go around the room clockwise.*

### CHECK-IN WORKSHEET QUESTIONS

1. State your first name for the group.
2. How are you doing physically right now? (Think about where your muscles are tight or if you're feeling pain anywhere in your body.)
3. How are you doing emotionally right now? (Reference the Emotion Wheel for help if you are having trouble pinning down your emotional state.)
4. What was your Self-Care Practice last week? (Skip this question if this is your first week.)
5. Did you notice any triggers this week? Y/N What tools did you use to manage them? (It's okay if you weren't able to manage them.)
6. In one sentence, share a Triumph Moment from last week.

**Leader #1:** *Thank you all for checking in. Now we'll review last week's strategy.*

## Strategy Review-Previous Week

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**Leader #1:** *Let's review last week's strategy. We'll go to the workbook and read the first page about the strategy. Could I get a volunteer for that?*

**Leader #1:** *Now that we've reminded ourselves about last week's strategy, we'll spend some time sharing about our last week. We'll each have about three to five minutes to share. Please be respectful of the others here and share your thoughts within the time frame.*

**Leader #2:** *Keep in mind this is not a discussion. In this setting, listening is healing. Allow each person to feel listened to as she speaks. This is not the time or place to offer advice. Again, we are welcome to offer a few words of support after each person finishes. These can include saying things like: "Thank you so much," "I appreciate you sharing," "We're here for you," "You're amazing," or "That resonates with me."*

**Leader #1:** *If you hear something that resonates with you, write it down. You can speak directly with the person after the meeting. I'll go first to give you an idea of how we do it. We'll then go around the room clockwise. If you don't feel like sharing, just pass and we'll move on to the next person.*

## Sharing

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**Leader #1:** *If someone passed earlier.] Would anyone who passed earlier like a chance to share now?*

**Leader #1:** *Let's take just a minute to gather our thoughts. [Pause.] Thank you so much for being here, for supporting, and for sharing. Now let's move on to our strategy for this week.*

## Strategy For This Week

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**Leader #1:** *We're going to focus on [strategy] in the book. I encourage you to read the full chapter in the book this week. Now, let's watch a video about it.*

[Watch video.]

*Let's talk about what we've just watched for the next three to five minutes. How can you see this strategy helping you on your healing journey? Would two or three of you like to share?*

**Leader #1:** *Let's choose one of the workbook activities to do together. You'll notice in our script there are a few suggestions for each strategy listed. Let's take the next five or ten minutes to begin working on an exercise that we choose, from the workbook.*

### SUGGESTED WORKBOOK ACTIVITIES

**Strategy 1:** Awareness (Exercises 3, 4, or 5)

**Strategy 2:** Acknowledgment (Exercises 2, 4, or 5)

**Strategy 3:** Power Through Surrender (Exercises 1, 4, or 5)

**Strategy 4:** Mindfulness (Exercises 1, 3, or 4)

**Strategy 5:** Faith (Exercises 2, 3, or 4)

**Leader #1:** *Now let's all take a minute to decide what we want our self-care practice to be this week, with the strategy in mind. There's a place at the back of our script to write it down as well as further instructions. [Pause.] Would anyone like to share what you have chosen for your self-care practice?*

**Leader #2:** *Now let's move into a group grounding exercise. This will help us all be in a present and grounded state before we leave. We can have the option to choose between a video or a group technique.*

## Grounding Exercises

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There are grounding videos available at [findinghope.org](https://www.findinghope.org).

### GROUP TECHNIQUE

**5-4-3-2-1:** This is a sensory awareness grounding exercise that can help us relax or work through some difficult emotions. Feel free to say your responses to yourself.

1. Describe five things you see in the room.
2. Name four things you can feel (i.e., the paper in your hand, the socks on your feet, etc.)
3. Name three things you hear right now (i.e., the clock ticking, traffic outside, etc.)
4. Name two things you can smell right now, or think of 2 smells that you like.
5. Name one good thing about yourself.

At the end of this you should feel calmer and more present. Feel free to repeat these steps again if needed.

**Leader #2:** *Thank you for being here and for participating. You are invited to spend time talking when we're finished, if you'd like to. Please come back next week. It can sometimes take a few weeks to begin to see progress. Let's close our meeting by saying our power statement together.*

### POWER STATEMENT

I am a survivor. I am reclaiming hope.

**Leader #1:** *This completes our group for the night. Thanks again for coming.*

## Group Leader Roles

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Participating in the role of Group Leader is an opportunity to serve the women in the survivor community. It also provides a way to quickly get invested in the community. You can find training videos online on the Finding Hope Support Group Webpage (Group Materials/Group Leader), or on our Finding Hope Support Group YouTube channel.

### Group Leader 1

- Sets the tone for the group
- Follows the script to ensure safety
- Upholds and maintains guidelines for the group
- Sets best example for check-in and sharing
- Manages time to ensure everyone gets a chance to share and meeting stays on track

### Group Leader 2

- Ensures group safety
- Provides support for group leader 1 and group members
- If someone leaves the group, follow within five minutes to make sure she's okay (but give her space if needed)
- Can pause the meeting if grounding is necessary
- Upholds and maintains guidelines for the group and follows the script

### Importance of Rotation

Rotating group leaders is important. It provides an opportunity for deeper learning and service for those who are group leaders. Each group can decide how often the group leader roles should rotate (i.e. weekly, monthly, quarterly).

### Group Size

These support groups are designed for between three and twelve people. If you are regularly getting more than twelve, it may be time to consider splitting into two groups. A group should NOT be held with less than three people total.

### Creating Your Own Group Culture

Each group will adjust and change to best meet the needs of the group members. We encourage this, with a few requests. Do not deviate from the script. There may be times where it seems monotonous or you feel like you know it, but the script is written specifically to be predictable and create a feeling of safety. Ways that you might create your own group culture can include your choice of location, the activities that you engage in after the meeting, whether you use a timer during check-in and sharing, or bring snacks to the meetings. If you have questions or concerns please email [questions@findinghope.org](mailto:questions@findinghope.org).

## Self-Care Practice for Next Week

What are you going to do for yourself this week to progress on your healing journey? You can choose an activity from the workbook or come up with one of your own. Try to pick something that you are 90% sure you will be successful in doing. For example, a goal of doing yoga every day for two hours may not be as realistic for you as deciding to try yoga once this week for twenty minutes. There is no wrong way to do this.

### SELF-CARE IDEAS

- Healing walking
- Yoga
- Reading
- Running
- Listening to music
- Meditating
- Writing in a journal
- Guided imagery
- Hiking
- Being in nature
- Breathing exercise
- Mindful eating
- Coloring
- Practicing assertive communication
- Progressive muscle relaxation
- Playing an instrument
- Muay Thai
- Art journaling
- Vision boarding
- Saying positive declarations

Week # \_\_\_\_\_ Strategy # \_\_\_\_\_  
My self-care practice will be:

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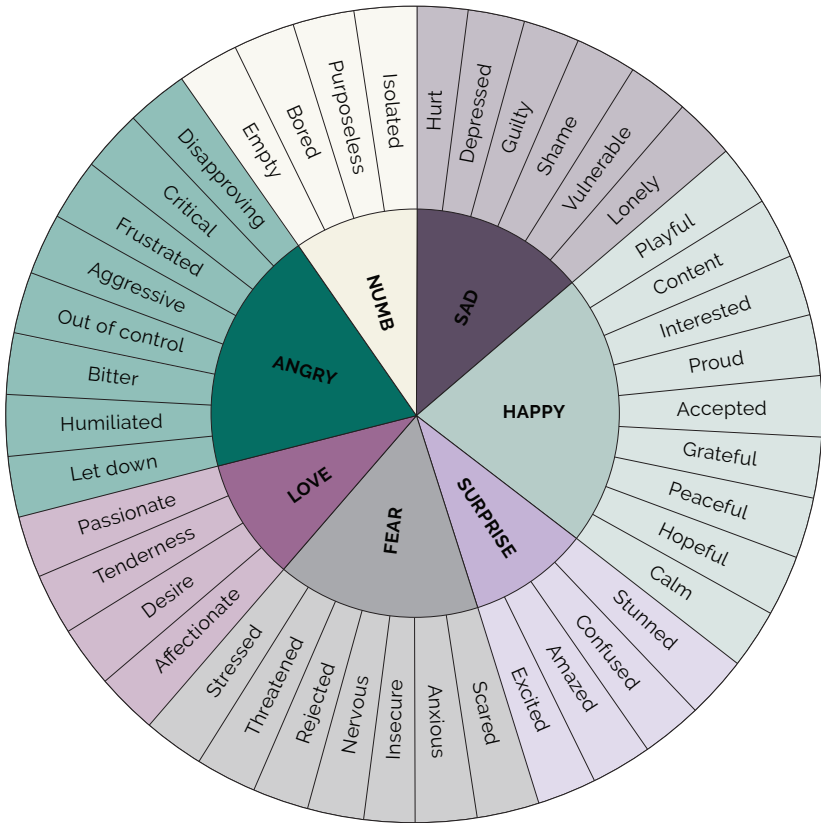
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## Wheel of Emotions

The Wheel of Emotions is a tool you can use to help identify what you are feeling. Over the years, you may have learned not to feel, which can make it difficult to identify specific feelings. Use this wheel to help you distinguish what you are feeling.





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