

Hi everyone. Welcome to the **Healing Our Relationship to Money and Prosperity Meeting of the SIA Coming Home Phone Line**, an Intergroup of Survivors of Incest Anonymous. My name is _____, and I am a survivor.

Now, and every ____ day from _____ to _____ ET, we will be reading questions from a Complex Post Traumatic Stress Disorder questionnaire taken from Underearners Anonymous and adapted to Survivors of Incest Anonymous. We will read one or two questions at a time, and then share our thoughts and feelings, our experience, strength, and hope, on the question(s) asked. The questions were made so that we can shine a light on painful memories and belief systems that no longer work for us, so we will be reading the questions at a pace geared towards helping us all better understand ourselves, the effects and consequences of our abuse, as we continue on our paths to recovery. As we move through the questions, some of them might be triggering, so there may be periods of silence, and that's OK. When there's a break in sharing, I will read another question.

This format with the questions can be found on our website by visiting <https://siacominghomephonenumber.org> and clicking on the tab that says "Meeting Scripts," and then go to the blue wording on top where it says "Healing Money Issues." If anyone would like to access all of the questions or help with the reading, that would be great.

I'd like to welcome everyone who is here today and thank you for coming, especially any newcomers. Are there any newcomers on the line who would like to introduce themselves by first name only? Press *1 to unmute. If there are any newcomers here today, please stay after the workshop and we will answer any questions you have.

In order to get to know each other, if anyone would like to, please introduce yourself, and if you want, where you're calling from. I'll start. My name is _____ and I'm calling from the _____.

Would anyone else like to introduce themselves? To unmute press *1. (Welcome each person.)

Welcome everyone.

Because this is a workshop and not a formal meeting, we're not required to do all of the SIA readings, but we do need to read the **12 Steps of SIA** and the **12 Guidelines for Safe Sharing at CHPL**.

Would someone please read **The Twelve Steps of SIA**?

We read one Tradition per meeting, and all the Traditions at Group Conscience and Business Meetings. The Tradition that I'd like to share with the group today is Tradition # _____. (*Read a Tradition of your choice.*)

Is there anyone who would like to read all **12 or half of the Guidelines** today?

(Thanks, _____. Please go ahead)

OR

Okay, I will read the 12 Guidelines. (Read **12 Guidelines**)

Thanks again, _____.

Again, because this is a workshop and not a regular meeting, everyone's welcome to share multiple times today. I will ask, though, that if you have already shared, that you wait briefly before requesting to share again to allow anyone who has not shared to have the time to do so.

Please limit your shares to 5 minutes, as determined by the workshop's group conscience.

Would someone volunteer to be our **Spiritual Timekeeper**?

(If someone volunteers, thank them and say: At four minutes, the Timekeeper will say "One Minute." At the end of five minutes, they will say, "Time." Please acknowledge when you hear the Timekeeper.

OR

OK. We'll self-time for 5 minutes, then. If anyone would like me to time them, please ask. I'll be happy to do that.

Last week, we read up to question ___. So this week we will start by reading question ___.

Then, the workshop will be open for sharing. If anyone would like to have the question(s) read again, please just ask. You can share anything the questions brought up for you or on any thoughts or feelings you have about the questions. If you want to share on any other question from the list, that works, too. You may also choose to get current. Would anyone like to read the first two questions? If not, I will be glad to do it.

Please note that some of these questions may be very triggering. =====

1. How did the abuse affect your ~~(or parts of you)~~ relationship with money and earning?
2. If your developmental needs were not met as a child, how did this affect you (or parts of you) as far as work history, work experience, and money?
3. How does past childhood deprivation affect you (or parts of you) in dealing with earning money or budgeting money?
4. Are there areas of your life where you feel deprived in your life now? If yes, what would help to reverse this dynamic?

5. Do you (or parts of you) dissociate or feel disconnected when dealing with money, seeking work to earn money, or record keeping?
6. Do you (or parts of you) feel like a powerless child when dealing with money?
7. Do you have traumatic childhood memories connected to money?
8. Do you (or parts of you) experience emotional flashbacks or regression when dealing with money?
9. Can you (or parts of you) handle criticism without letting shame overwhelm your system?
10. Are you (or parts of you) filled with self-critical thoughts of shame and not feeling enough? How can you bring compassion to you or your parts?
11. Do you (or parts of you) fear rejection to the point of not leaving a job (when it's wisest to leave), leaving a job (when it's wisest to stay), or switching careers (when it would benefit you to stay the course) so you can avoid the feelings?
12. Do you (or parts of you) have trouble differentiating fantasy and wishful thinking from reality when dealing with money and spending?
12. Do you (or parts of you) carry shame and false guilt into work situations?
13. Do you (or parts of you) believe you must always be in control of your money and how you spend it?
14. Do you (or parts of you) feel compelled to get rid of money through compulsive spending? If so, what do you think the motive is?
15. Do you (or parts of you) feel compelled to punish yourself through self-deprivation or compulsive spending to "get back at" or show your perpetrators how much suffering they've caused?
16. Do you (or parts of you) believe you have to manipulate others to get your needs met?
17. Do you (or parts of you) carry unrealistic expectations with regards to money and saving?
18. Do you (or parts of you) struggle with distorted thinking around finances?
19. Do you (or parts of you) avoid looking at finances? How would you (or parts of you) feel if you got clear?
20. Do you (or parts of you) fear financial success?

21. Do you (or parts of you) fear “taking in” recognition and money for accomplishments?
 22. Do you (or parts of you) fear lack of finances that could cause homelessness?
 23. How did your perpetrator(s) undermine your innate sense of power or trust in yourself?
 24. Do you (or parts of you) believe in yourself and your capabilities?
 25. Do you (or parts of you) feel safe to create income?
 26. Do you (or parts of you) sabotage good things with your behaviors and/or attitudes?
 27. Are you (or parts of you) drawn to chaos? Are you afraid to hope?
 28. If you fell into a system of government assistance that made it difficult to get out of, do you still show up for yourself because you believe in your recovery, have a right to be here, and have a contribution to make?
 29. Do you (or parts of you) have difficulty trusting yourself and/or trusting others?
-

One final note before sharing: Please try to remember to keep your phone muted except when reading or sharing. To mute and unmute, press *1, or you can unmute by pressing *1 then use the mute button on your phone.

Who would like to begin sharing?

Please go ahead _____. We are self-timing for 5 minutes (**OR**) We do have a time keeper today).

(At about 15 minutes before end)

Now it's time for the **Next-to-the-last Share**. Is there anyone who has not shared yet who would like to take the Next-to-the-last Share? (**IF NOT**): (Is there anyone who would like to take a second share?)

The **Last Share of the Day** is reserved for a Newcomer. A Newcomer is someone who has shared 6 or fewer times on the line. Is there a Newcomer who would like to share today? (**IF NOT**) (Is there anyone who would like to take the last share?)

Here's a list of tools that we believe will help you heal your relationship with money and prosperity. Some of them were adapted from the Twelve-Step program Underearners Anonymous.

(The chairperson or another participant at the meeting will read one or two of their choosing):

1. Compassion -- We develop compassion for the hurt parts of ourselves that want to sabotage and resist positive change.
2. Reparenting -- We become willing to reparent ourselves and our wounded parts around our material well-being one day at a time.
3. Self-Acknowledgement -- We become willing to acknowledge and value our gifts a little at a time, one moment at a time.
4. Time Recording -- We keep a written record of how we spend our time to increase awareness and support our focus on goals and the actions required to achieve them.
5. Meetings -- We attend meetings regularly to share our experience, strength, and hope in order to help ourselves and others recover.
6. Sponsorship -- We actively seek sponsorship with someone who has worked the Twelve Steps and is willing to guide us in our recovery.
7. Possession Consciousness -- We routinely discard what no longer serves us in order to foster a belief that life is plentiful and that we will be able to provide ourselves with what we need.
8. Service -- Giving service is vital to our recovery. We believe that it is through service to others, and to the Fellowship, that we keep what has been so generously given to us.
9. Goals Pages -- We set goals for our lives, write them down, measure our progress and reward achievement.
10. Outreach Calls -- We connect regularly with trusted co-travelers regarding earning concerns, in order to provide each other with accountability, continuity, and support.
11. Solvency -- We do not debt one day at a time. We believe that debting leads to underearning.
12. Communication -- We contact other SIA members to seek support, to diminish isolation, and to reinforce our commitments to action.
13. Literature -- We read Twelve-Step literature to strengthen our understanding of compulsive disease and the process of recovery.

14. Savings – We believe that saving money demonstrates faith in the future and acceptance of the fact that money is a tool vital to our prosperous vision. We create and follow a savings plan on whatever scale we are able

(Moderator Reads) With patience, tenacity, and compassion for ourselves, we can increase our ability to take in and accept abundance. We can heal our inner children that block us from having prosperity in our lives. We can allow ourselves to feel worthy and deserving of financial stability, and take actions towards our goals.

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

The 7th Tradition: SIA is fully self-supporting, declining outside contributions. Please consider sending a dollar contribution for each meeting you attend on the phone line to the World Service Office. To make a contribution through PayPal, please go to the World Service Office website at SIAWSO.org, or you may choose to use the mail.

I want to thank everyone who showed up today. Thanks to everyone who read (name readers if desired), everyone who shared (name those who shared), our timekeeper (name timekeeper) and all who held space by listening. I hope you will join us again next week as we continue the complex post-traumatic stress questionnaire.

For all those who would like to join me in saying the **Serenity Prayer**, please press *1 to unmute.

Higher Power. 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.

Closing

I would like to welcome any Newcomers. Are there any Newcomer questions?

Now it's time for announcements.

Are there any announcements or requests for phone numbers or would anyone like to give out a phone number?

Because SIA is a peer-led support group, there are no professionals to mediate safety issues that arise outside of structured meetings and workshops on this line. As a result, by unanimous vote of the Coming Home Phonenumber Intergroup, it was decided to end all fellowship before and after phonenumber meetings and workshops. We realize that sometimes meetings end before all who want to share have a chance to do so. Therefore, attendees of any meeting may continue to share if someone agrees to step up and serve as moderator. After the meeting's announcements have been made, and questions answered, anyone may volunteer to step in and serve as moderator until everyone who wants to share has done so. At that point, the extended meeting will close with the Serenity Prayer. Please remember, from this point forward, the phonenumber is for meetings and workshops only. If you would like to have a back and forth

conversation with a fellow survivor, you may exchange contact information and continue sharing offline.

I'm going to sign off as moderator of the workshop now. Thanks everyone.