**From the promises Meeting welcome:**

To any newcomers to this meeting, welcome. This meeting is for adults who were abused as children. This is a place to work on healing the wounds of incest. The specific purpose of this meeting is to share on aspects of our recovery related to our sexuality. **We seek to create a safe space where survivors can serve as witnesses for one another as they explore those deep dark places within themselves which they judge and/or believe others judge them for. In this meeting we are here to share and learn from our past, including those traumas and abuses, thoughts and feelings, that may have seemed too graphic, harsh, painful, or inappropriate to share at other SIA meetings. Our goal is to sift through these in order to determine which desires and fantasies are actually ours and which we’ve unknowingly taken on as a consequence of our abuse.** This meeting is for those who take seriously their recovery and the effects that their sexual decisions have on themselves and others.

**From the Reclaiming or Sexuality from the promises meeting:**

In this meeting we seek to create a safe space for survivors to explore their desires, fantasies, arousal responses, attractions and revulsions, and to share more openly, honestly, and in many cases more graphically than they might at a regular SIA meeting. For instance, **many survivors find that the same behaviors that were perpetrated against them may seem to be the very ones that arouse them as adults. Yet until now they may not have felt they had a safe place to speak about such desires. We hope to make this such a place. Sharing honestly in this way can help us to cast out the unwanted learned behaviors taught to us by our perpetrators and allow for more wholesome, empowering, and authentic desires**. Throughout this process, we implore members to go at their own pace and to trust the guidance of their inner selves and their Higher Power.

**From The Promises Meeting Safety Guidelines:**

Guideline 1: What is ok and not ok to share

In this meeting it is ok to share on the specifics of abuse we have survived. We care for each other by trying to remember to announce before we share highly graphic memories. It is also ok to share on:

* How the abuse has affected our sexuality,
* Our sexual thoughts, desires, or fantasies, including abusive ones,
* Abusive things we did or were forced to do to others when we were minors (that is, before the age of 18)
* Abusive things we’ve done as adults *to other adults*, as long as we stopped doing that at least 1 year ago

In this meeting it is **not** ok to share on:

* Adult perpetrating behavior against children, which is defined as sexual or physical abuse of a child by someone 18 or older. Those currently engaged in perpetrating behavior against a child are not allowed in this meeting.

**At all times we seek to uphold the sanctity of the group while we are sharing. We do this by keeping the focus on understanding the thoughts and feelings that lead us to *act out* and by honestly acknowledging the consequences of our actions.**

Please be aware that at this meeting we allow sharing that is NOT permitted at regular SIA meetings. When at other meetings please be sure to respect their safety guidelines.

**Proposed some or all of:**

We seek to create a safe space where survivors can serve as witnesses for one another as they explore those deep dark places within themselves which they judge and/or believe others judge them for. In this meeting we are here to share and learn from our past, including those traumas and abuses, thoughts and feelings, that may have seemed too graphic, harsh, painful, or inappropriate to share at other SIA meetings.

We care for each other by trying to remember to announce before we share highly graphic memories. It is also ok to share on:

* Ways we acted out or were forced to do to others when we were minors (that is, before the age of 18)
* Ways we acted out as adults *to other adults*

In this meeting it is not ok to share on:

* Adult perpetrating behavior against children, which is defined as sexual or physical abuse of a child by someone 18 or older. Those currently engaged in perpetrating behavior against a child are not allowed in this meeting.

At all times we seek to uphold the sanctity of the group while we are sharing. We do this by keeping the focus on understanding the thoughts and feelings that lead us to act out and by honestly acknowledging the consequences of our actions.

Please be aware that at this meeting we allow sharing that is NOT permitted at regular SIA meetings. When at other meetings please be sure to respect their safety guidelines.