

Steps 1 2 & 3 (Zoom Meeting) Leaders script

{Please stick to the script as much as possible}

Updated December 2024

Welcome to the Steps 1, 2 & 3 meeting of Parental Alienation Anonymous (PA-A). This meeting rotates through the first 3 of 12 foundational steps to recovery from alienation. This week we will be focusing on step ____.

Please make sure you are muted if you are not sharing to cut down on background noise. My name is _____ and I am the leader for this meeting. I am Alienated from _____ ages _____ for the past _____ with _____ contact.

We start the meeting with the **serenity prayer**. You can replace God with higher power or anything else that resonates with you. Please unmute if you would like and chant along.

{POST IN CHAT}

God/Higher Power/Universe,
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.

PA-A Preamble

[READ or select a reader and screen share and select a reader]

Alienation is a family disease. Living with the effects of someone else's alienating behavior is too devastating for most people to bear without help. In PA-A we learn that nothing we say or do can cause or stop someone else's alienating behavior. We are not responsible for another person's disease or recovery from it.

By learning to focus on ourselves, our attitudes and well-being improve. Before Parental Alienation Anonymous, we kept ourselves busy seeking solutions for the alienator (child, parent, spouse, etc.). When what we were trying to accomplish wasn't succeeding, we told ourselves to work harder or to try something else. We may even have told ourselves it was our fault if we couldn't convince the alienator to get help. If we could only find the right words at the right time, relayed in just the right tone of voice, then maybe we could get the alienator to see things our way. Desperate to fulfill our dreams for a happy family life, we thought that devoting all our energy to the problem was the answer. Little did we know we were actually contributing to the problem by trying to force solutions.

PA-A is a fellowship that offers a program of recovery for the families and friends who are affected by alienation whether or not the alienator recognizes the existence of a problem or seeks help. Members give and receive comfort and understanding through a mutual exchange of experience, strength, and hope. Sharing of similar challenges binds individuals and groups together in a bond that is protected by a tradition of anonymity. PA-A is not a religious organization or a counseling agency. It is not a treatment center nor is it allied with any other organization offering such services. PA-A, neither expresses opinions on outside issues nor

endorses outside enterprises. No dues or fees are required. Membership is voluntary, requiring only that one's own life has been adversely affected by someone else's alienating behaviors.

It is now time for the **secretary report**. {The Secretary will turn the meeting back over to the leader when announcements are completed}.

{Secretary's Report}

This is a Step (1/2/3)___meeting, step ___reads:

{READ & POST APPROPRIATE STEP IN THE CHAT}

Step 1: We admitted we were powerless over people and that our lives had become unmanageable

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3: Made a decision to turn our will and our lives over to the care of God (interchangeable with the universe, higher power or anything else that gives you comfort) as we understood Them.

At this meeting, we use a timer. You will have 3 minutes to share, plus an additional 1 minute to wrap up. (If there are more than 14 people at the meeting, the time will be reduced to 2 minutes to share plus 1 minute to wrap up.) **May I have a volunteer to time?** The timer will let you know when you have 1-minute remaining as well as when your share time is complete. If they are using the timer app, you will see the countdown timer on the screen. We do this to ensure that as many people as possible have a chance to share.

{Leader will share for 3-5 minutes about their experience with step 1, 2 or 3 }

I will be sharing for 3-5 minutes on things such as what it was like for me as a newcomer, the benefits of meeting attendance and what recovery looks like in my life today.

We will now have time for sharing. Please raise your hand if you would like to share. We ask that you relate your sharing from your own experience, strength, and hope, keeping the focus on yourself and Step 1/2/3. Please make sure to include what you are doing or willing to do to recover. PA-A is a recovery-based group and asks that you focus part of your share on recovery. The secretary or leader will interrupt you and redirect your share if needed. This is done to keep this space safe for all members.

Please refrain from crosstalk. This is defined as commenting on someone else's share. We intentionally refrain from sharing or giving advice on another's share. If you are moved by someone else's share, feel free to contact them in the chat. Not everyone will want to chat or connect one on one. If you have any questions about the meeting or PA-A, the zoom link is open 10 minutes before the meeting and 10 minutes after the meeting. Please come early or stay late for some fellowship.

I will be posting a few [steps 1/2/3] questions in the chat to help stimulate sharing.

{POST IN CHAT}

Step 1 questions:

Do I accept that I cannot control another person's behavior?
Do I accept that Alienation is a disease? How does that change the way I deal with alienation?
How have I tried to change others in my life? What were the consequences?
How do I feel when the alienator refuses to be and do what I want? How do I respond?
Am I looking for a quick fix for my problems? Is there one?
In what situations do I feel excessive responsibility for other people?
In what situations do I feel shame and embarrassment for someone else's behavior?
What brought me to PAA? What did I hope to gain? How have my expectations changed?
How do I know when my life is unmanageable?

Step 2 questions:

What is my concept of a Higher Power at this time?
What would it take to allow my concept of my Higher Power to change?
Have past experiences affected my concept of a Higher Power? If so, how?
What do I hope to gain from accepting the concept of a Power greater than myself?
Do I sense spiritual guidance in my life? How?
How do I describe the Higher Power I found in PAA or other 12 step program?
What does 'let go and let God' mean to me?
What does faith mean to me?
What does 'came to believe' mean to me?
How has the alienation affected my sanity? My life?
How has my thinking become distorted trying to handle the alienating behavior?

Step 3 questions:

How do I feel about turning my life over to a Higher Power for guidance?
Am I willing to try and turn my problems over? What could help me be willing?
How can I stop myself from taking my will back?
Do I trust my Higher Power to care for me?
What might be an example of a Higher Power?
What consequences have I had by obsessing on problems and other people?
How can I turn a situation over and let go of the results?
How might step 3 help me keep my hands off situations created by others?
How can I let my loved ones find their own life paths as I am finding mine?

{*At 45 minutes into the meeting, read and post or screen share and select reader}}

It now time to read the **12 steps of PA-A** then return to open sharing.
PA-A is a 12 step program, We go through the steps one a time in order, to help support our emotional and spiritual recovery.

Share screen for reader or leader read

THE TWELVE STEPS OF PARENTAL ALIENATION ANONYMOUS (PA-A.org)

1. We admitted we were powerless over PEOPLE (Our alienator, our children, our

grandchildren, our parents and any other relationships)—and that our lives had become Unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood them.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked them to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood them, praying only for knowledge of their will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other folks suffering from this disease, and to practice these principles in all our Affairs.

We will now return to open sharing, who would like to share?

At 1 hr 10 min after the start of the meeting:

That is all the time we have for sharing.

{Please Read or select reader & screen share for the PA-A closing}

PA-A Closing

Members are encouraged to connect with each other for support in between meetings. *(READ ONLY IF THE MEETING HAS A PHONE LIST)* If you want a copy of this meeting's phone list or to be included please ask the secretary in the chat.

As a reminder the zoom link will stay open an extra 10 minutes at the end of the meeting for questions and fellowship.

A suggestion to the newcomer, please try 5 or 6 meetings before you decide if this program is a fit for you. It takes time to acclimate to the group, the context of the shares, the emotions that might come up and to build consistency, safety, and a sense of belonging.

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. A few special words to those of you who haven't been with us long; whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time.

We will now have a moment of silence for anyone out there struggling with the effects of parental alienation in their lives. {15 second pause}

{To End The meeting: Please repost and read SLOWLY so others can unmute and join in}

Please join me in the Serenity Prayer.

God 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.

****the meeting is over, please unmute and join in some fellowship and or questions****

During fellowship please do not give advice on a member's share unless requested.