

SR Sharing Circle Facilitator Script

Opening Remarks

Welcome everyone. Thank you for joining us for this SHE RECOVERS Sharing Circle. I am a SHE RECOVERS Coach which means that I have been trained in and my work aligns with the SHE RECOVERS® Intentions & Guiding Principles. My pronouns are _____. I am in recovery from _____.

I would like to acknowledge that we are gathering on the traditional territories and lands of _____. May the work we do in recovery include conscious action of honoring Indigenous teachings and stewards that ask us to care deeply for the lands we currently occupy.

Sharing Circles are voluntarily facilitated by SHE RECOVERS Certified Professionals. They do not constitute a therapeutic or coaching relationship and are not a replacement for trauma therapy, addiction treatment, psychiatric, or medical care.

The SHE RECOVERS FOUNDATION is a 501(c)(3) non-profit public charity. We connect, support and empower individuals through our virtual platforms and in-person community networks. We are all recovering from something. We may be recovering from a myriad of life experiences including but not limited to:

- Substance use disorders ● Trauma ● Codependency
- Anxiety, depression, and other mental health issues
- Disordered eating and other food-related issues ● Body dysmorphia and shame
- Gaming, gambling, or shopping addiction ● Grief and loss
- Burnout or moral injury ● Workaholism
- Love or sex addiction ● Abuse ● Illness
- Oppression and/or ● Any other life issue from which we hope to heal.

By participating in this Sharing Circle we agree to the following: *(read the Sharing Circle agreements or invite a volunteer participant read them).*

If you wish to share, please identify yourself by first name or preferred nickname, and if you like, tell us your pronouns and what you are in recovery from.

Closing Remarks

Our Foundation depends upon volunteer and financial support from our community. If you are finding these Sharing Circles helpful, please consider making a donation, subscribing to our newsletter or getting involved by visiting www.sherecovers.org.

We encourage you to complete a Sharing Circle participant survey by visiting sherecovers.org/sharing-circles/. Your voice will help us to continue improving these sharing circles for all who seek to join a movement like ours.