

## OSPA Intergroup Meeting

Phone Number: (605) 472-5674 / Access Code: 175945#

Sunday, November 03, 2019

- **Open w/Serenity Prayer**

*God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can, And wisdom to know the  
difference.*

- **Reading of the 12 traditions of OSPA**

- **Volunteer for timekeeper** to give reminders (i.e., half-way, 15 minute warning, 5 minute warning, 1 minute warning, etc.) and then to announce “time” when the meeting has ended.

- **Introductions**

- **Business**

1. Reports from service positions
  - Treasurer report
  - Webmaster report
  - Welcome/support email report
  - Chip service report
    - i. Jamie to report back on research from other fellowships process for distributing chips, and types of chips used.

- **Carried over business**

2. Discussion on follow up support emails.

Last IG we discussed whether we should follow up, after initial response to support emails. Including suggestion of auto reply a certain number of days after initial response.

- Group agreed to review and reflect on Tradition 11, and to discuss ‘at this meeting.

- **New Business**

3. Discussion on suggestion from Amy to submit the Twelve Qualifying Questions (see Annex 1) as OSPA approved for use by the fellowship and on the website.

- **AOB**

- **Motion to close the meeting**

- **Close meeting with serenity prayer**

*God please grant us the serenity to accept the things we cannot change,  
the courage to change the things we can and the wisdom to tell the  
difference*

*Thy will not ours be done*

## *Annex 1.*

### **Are You An Obsessive Skin Picker?**

The following questions are guidelines for identifying if you might be an obsessive skin picker or a skin picking addict.

Please note “Yes” or “No” answers are not intended to provide a diagnosis or any assurance if the addiction is present.

1. Have you ever tried to control how much you pick at your skin or how often you pick at your skin?
2. Have you made promises to yourself or others or repeated attempts to stop picking and continually found yourself unable to do so?
3. Do you feel shame, remorse, anger, or regret after picking or isolated and alienated by the aftermath and scarring?
4. Do you feel secretive about your skin picking and go to great lengths to hide it, not wanting anyone to know or discover the behavior?
5. Do you get euphorically “high” after picking or find yourself moody and irritable if you have to interrupt the process of picking?
6. Are you unable to stop picking even though you know it is destructive to you, and relationships around you?
7. Have you ever had to seek medical or dental attention as a result of your skin picking behaviors?
8. Does your skin picking affect your home, family, friendships, personal relationships, or work?
9. Have you ever missed important opportunities or engagements because you are unable to cover up picking wounds or scars?
10. Do you go into a trance, disassociate, or “process” feelings or emotions when you pick?
11. Have you picked at times or in places you never thought you would have or found yourself picking even though you really didn’t want to?
12. Do you feel caught up in a picking cycle you cannot escape or control?

If you answered “Yes” to any of these questions, we encourage you to attend a meeting to see if the program is right for you. It is suggested you attend at least 6 meetings, as each one is different in format and structure.

