

# OSPA STEPPING INTO THE SOLUTION MEETING

Thursday 7:00pm to 8:00pm EST

(updated 8/22/19) (Business meeting format at the end. International dial-in numbers available on the website. Host PIN and Phone conference guide are not published.)

Welcome to the **Stepping into the Solution** meeting of Obsessive Skin Pickers Anonymous (OSPA). My name is \_\_\_\_\_, I am a \_\_\_\_\_ (skin picking addict, obsessive skin picker, etc.) and your trusted servant for this meeting.

Please help me open the meeting with a moment of silence followed by the “We” Version of the Serenity Prayer:

## Serenity Prayer

*God, grant us the serenity to accept the things we cannot  
change, courage to change the things we can,  
and wisdom to know the difference.  
Thy will, not ours, be done.*

To reduce background noise please take a moment to mute your phones now by pressing \*6 or using the mute function on your phone. Unmute only when you are the one speaking to help keep the line quiet. Thank you!

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## Introductions

Newcomers: Is there anyone here for their first time at this meeting? If so, please say your first name so that we may welcome you.

*[Greet the newcomers with, “Welcome \_\_\_\_\_.” (naming the newcomers) “We are glad you are here. We encourage you to stay on for fellowship after the meeting to take down phone numbers and ask questions.”]*

*It is the custom of this group for members to share their first name, where you are from, how you are feeling in a few words, and if you so choose your current length of abstinence. I will start.*

*(Hi, my name is \_\_\_\_\_, I'm a picking addict from \_\_\_\_\_, I feel \_\_\_\_\_, and I have \_\_\_\_\_ days/months/years of abstinence.)*

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Everyone, including newcomers, can be of service by offering to read, share or be the timekeeper for this meeting. The [OSPA Preamble](#), the [OSPA Twelve Steps](#), and the [OSPA Twelve Traditions](#) can be found on our website at [www.osparecovery.org](http://www.osparecovery.org)

Who would like to read the OSPA preamble?

### **The OSPA Preamble**

Obsessive Skin Pickers Anonymous (OSPA) Worldwide Fellowship is a community of people who have found their way out of Excoriation Disorder's grip by working the OSPA program and engaging with the community support of the worldwide group. The primary premise and foundation of OSPA is the concept of one skin picker reaching out to another with an attitude of love and support. Through giving back to others what we are freely given we are finally able to recover from this devastating illness.

Obsessive Skin Pickers Anonymous is a fellowship of people who seek to recover from Excoriation Disorder (Skin Picking) by working the Twelve Steps and Twelve Traditions as adapted from AA. We seek abstinence from obsessive or compulsive skin picking, and physical, emotional and spiritual recovery. The only requirement for OSPA membership is the desire to stop picking. OSPA is entirely self-supporting relying only on contributions from individual members, and is free to all who need it. OSPA welcomes those with the related disorders of Trichotillomania (hair pulling), and self-mutilation disorders.

Many of us who have now found OSPA truly thought we were the only ones in the world who engaged in this form of self-destructive behavior.

We seek to eliminate the shame we have felt due to this disorder by lifting each other up with love and understanding.

Welcome to OSPA – You are no longer alone!

Thank you \_\_\_\_\_.

Who would like to read the 12 Steps of OSPA?

## **The Twelve Steps of OSPA**

1. We admitted we were powerless over skin picking - 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 Him.
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 Him 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 Him, praying only for knowledge of His 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 skin pickers, and to practice these principles in all our affairs.

Thank you \_\_\_\_\_.

Who would like to read the 12 Traditions of OSPA?

## **The Twelve Traditions of OSPA**

1. Our common welfare should come first; personal recovery depends on OSPA unity
2. For our group purpose there is but one ultimate authority - a loving God as He may be expressed through our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for OSPA membership is a desire to stop skin picking.

4. Each group should be autonomous except in matters affecting other groups or OSPA as a whole.
5. Each group has but one primary purpose - to carry its message to the skin picker who still suffers.
6. An OSPA group or OSPA as a whole ought never endorse, finance, or lend the OSPA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every OSPA group ought to be fully self-supporting, declining outside contributions.
8. Obsessive Skin Pickers Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OSPA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Obsessive Skin Pickers Anonymous has no opinion on outside issues; hence the OSPA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Thank you \_\_\_\_\_.

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### **The Only Requirement**

OSPA respects the autonomy of each OSPA group. This meeting was founded by a group of OSPA members whose disease reached such a critical level they required a more structured and disciplined approach to working the steps and pathway to sponsorship. We believe that abstinence is the only means to freedom from skin picking, and is the foundation of a spiritual life. As such, the members of this group work the Twelve Steps and Twelve Traditions of OSPA by practicing the following recovery actions:

- Daily reading and writing guided by a sponsor
- Daily call to a sponsor
- Daily outreach call to another OSPA member

- Three recovery meetings weekly; one or more of which is an OSPA recovery meeting
- Defining our qualifying, dangerous, and recovery behaviors with a sponsor

The opinions expressed here by those who share are their own and not necessarily those of OSPA. We understand the Third Tradition to mean that individual ways of working one's program should not exclude any skin picker from attendance and participation at OSPA meetings anywhere, anytime. The only requirement for OSPA membership is a desire to stop picking.

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**Timekeeper**

We will need a timekeeper for our reading and sharing. Who would be willing to do that service?

Thank you \_\_\_\_\_.

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**Reading**

This is a literature meeting of OSPA. Each week we will read Conference-approved literature from other 12-Step programs to support our OSPA recovery. In honoring the traditions of other fellowships, we read the literature as written. We substitute skin picking for the other addiction in our own minds as best as possible in order to identify.

This week we will be reading from program of \_\_\_\_\_.

*[Choose from any 12-Step program, i.e., AA, DA, OA, SAA, etc.]*

The outside literature we will be reading is \_\_\_\_\_ and can be found \_\_\_\_\_.

We will read for 10 minutes. (Unless it is the third Thursday of the month, in which case “We will read for 5 minutes” I will get us started. When ready to turnover to the next reader, please say “Pass.”

*[Make sure timekeeper is ready.]*

*[After reading]* Thank you everyone for reading.

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## **Sharing**

It is now time for sharing. Everyone is invited to share but no one is obligated to do so. Please avoid "Cross-Talk" and interruptions during the meeting. "Cross-Talk" is defined as commenting on a person's share, offering feedback, or interrupting them during their share. Please refrain from the use of any graphic descriptions of picking episodes or acting-out behaviors so that others aren't triggered during the meeting.

In this meeting we stay focused on the solution. You may share on the reading and how it applies to your recovery. Please do not mention by name any outside media, programs, therapies, or resources in your share as this could be viewed as promotion and mixes the message of OSPA.

Remember to mute your phone if you are not talking. The time limit for each share in this meeting is 3 minutes. Please acknowledge you have heard the timekeeper and promptly wrap up your share.

*[If it is the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> or 5<sup>th</sup> Thursday of the month] "We will share until 50 minutes after the hour"*

*[If it is the 3<sup>rd</sup> Thursday of the month] "Sharing ends at 35 minutes after the hour for the business meeting, which will last for up to 15 minutes." Who would like to begin sharing?*

*[After sharing] That is all the time we have for sharing.*

*[If it is the 3<sup>rd</sup> Thursday of the month] "I will now turn the meeting over to our Business meeting Chair for our business meeting." Otherwise continue with the format.]*

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## **Milestones**

Marking milestones shows the OSPA program works as we carry the message of hope that anyone with a desire to stop skin picking can recover. Is there anyone here celebrating 30 days of abstinence? 60 days? 90 days? Six months? Nine months? A year? 18 months? 2 or more years?

Is there anyone here tonight in their first 24 hours of abstinence or who has a desire to stay abstinent? Please say your name.

Congratulations to everyone celebrating tonight! Keep coming back!

Our time in the OSPA program does not make us better than, nor less than other members. We learn from each other, as our lives depend on this, knowing that we are all in recovery one day at a time.

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### **The 7<sup>th</sup> Tradition and Announcements**

Our 7th Tradition states, “Every OSPA group ought to be fully self-supporting, declining outside contributions.” This means OSPA depends only on the contributions of its members for support. OSPA has no dues or fees, but our Fellowship does have expenses. As this is a phone meeting, we do not pass a physical basket, but instead request you visit the Donate section of our website at [www.osparecovery.org](http://www.osparecovery.org)

Our business meeting is held every third Thursday of the Month, 35 minutes after the hour, for 15 minutes.

Are there any OSPA announcements?

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Who would like to read the 9<sup>th</sup> Step Promises from the Book of Alcoholics Anonymous?

### **The 9<sup>th</sup> Step Promises of Alcoholics Anonymous**

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*[The brief excerpt from Alcoholics Anonymous is reprinted with permission of A.A. World Services, Inc. Permission to reprint the excerpt does not imply an affiliation with or an endorsement by Alcoholics Anonymous.]*

Thank you \_\_\_\_\_.

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### **Closing**

Thank you for allowing me to be of service during this meeting, thank you all for your participation, and thank you to those who were of service by reading and timing.

Everyone is welcome to stay on afterwards for conversation, support, and to exchange phone numbers for outreach and sponsorship. Who would like to volunteer to host fellowship?

Thank you \_\_\_\_\_.

Please remember this is an Anonymous program: Who you see here – What you hear here – When you leave here - Let it stay here. This is to remind us all not to share members' names or discuss the details of this meeting outside of the meeting.

After a moment of silence for the skin picker who still suffers both in and out of these rooms, please unmute your phone and join me in closing with the OSPA prayer.

#### **OSPA Prayer**

*As joined our hands of many shapes  
So join our hearts of many faiths  
And lift our eyes from suffering  
So blindly trusting following*

*You lead from dark paths of despair  
To the sunlit highway where  
In your name we humbly pray And  
thankfully receive your Grace.*

*[End of Meeting. Continue with Phone Number exchange before turning the meeting over to the fellowship host.]*

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**Phone Numbers**

We will now take a moment to exchange phone numbers. Please state your name, phone number, and time zone. I will start.

*[My name is \_\_\_\_\_, from \_\_\_\_\_, and my phone number is \_\_\_\_\_. (time zone, private voicemail, best times to call, willing to sponsor, etc.)]*

Is there anyone else who would like a phone number or who would like to share their phone number or other contact information?

I will now turn the meeting over to \_\_\_\_\_ for newcomer questions and fellowship.

*[Re-read any newcomer names for the host to call on to see if they have any questions.]*

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**Newcomer Questions:**

A newcomer is anyone who may be new to OSPA, new to this meeting, or with a desire to begin their abstinence and recovery. This is a good time to ask questions about getting started in OSPA, meeting etiquette, literature, finding a sponsor, and any other questions you may have at this time.

Are there any newcomers on the line with questions?

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**General Fellowship:**

The phone line is now open for general fellowship.

## **OSPA Stepping into the Solution Business Meeting Format**

- 1) Open with the “We” version of the Serenity Prayer
- 2) Announce the duration of the meeting and ask the timekeeper to give a 5 minute warning, a 1 minute warning, and then to announce “time” when the duration has ended.
- 3) Confirm the Business Meeting Secretary is present to take minutes of the meeting. If not available, ask for a volunteer to step in to take meeting minutes. 4) Ask for reports:
  - Secretary’s Report: Read minutes from the last meeting. After the minutes are read Chair asks if there are any amendments to the minutes or for a motion to accept the business meeting minutes as read.
  - Other Report: (if applicable)
- 5) Conduct Elections of the meeting’s service positions: (30 days of abstinence is suggested)
  - Recovery Meeting Trusted Servant – elected monthly
  - Business Meeting Chair – elected quarterly (March, June, September, December)
  - Business Meeting Secretary – elected quarterly (March, June, September, December)
- 6) Ask if there is any Old Business to discuss – (items carried over from the previous meeting’s minutes)
- 7) Ask if there is any New Business to discuss – (items suggested by members in the meeting)

\*\*\*\*\* **1 minute warning** \*\*\*\*\*

8) Motion to close or extend the Business Meeting – (unfinished business will carry over as old business to the next meeting, if tabled or not addressed.) 9) Close with the “We” version of the Serenity prayer

*[End of Business Meeting. Turn meeting back over to the trusted servant to continue with the regular format.]*