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OSPA STEPPING INTO THE SOLUTION MEETING

Thursday 7:00 pm to 8:00 pm EST

(updated 20 December 2024) (Business meeting format at the end. This is a zoom meeting.)

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 a Set Aside Prayer. This is one version of The Set Aside Prayer, as there are many versions. Set Aside Prayer:

*God, please enable me to set aside
everything I think I know
about You, about me, and about my recovery,
to be open to a new experience.
Please enable me to see the truth
that you want me to see during this meeting.*

Please keep yourself muted when you are not talking.

At this meeting people are welcome to unmute to greet and thank fellows before and after they share.

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).

Everyone, including newcomers, can be of service by offering to read, share or be the timekeeper for this meeting.

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 our Higher Power and we understood that Power.
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to our Higher Power, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have our Higher Power remove all these defects of character.
7. Humbly asked our Higher Power 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 our Higher Power as we understood that Power, praying only for knowledge of our Higher Power's 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 OSPA tradition and the long form of the corresponding AA tradition? This month that is tradition _____ (e.g. *Jan Tradition 1, Feb Tradition 2, March Tradition 3 etc*).

The Twelve Traditions of OSPA & The Long Form Of The Twelve Traditions of AA

Tradition 1 of OSPA: Our common welfare should come first; personal recovery depends on OSPA unity. The Long Form Tradition 1 of AA: Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But

individual welfare follows close afterward.

Tradition 2 of OSPA: For our group purpose there is but one ultimate authority - a loving Higher Power as may be expressed through our group conscience. Our leaders are but trusted servants, they do not govern.

The Long Form Tradition 2 of AA: For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience.

Tradition 3 of OSPA: The only requirement for OSPA membership is a desire to stop skin picking.

The Long Form Tradition 3 of AA: Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

Tradition 4 of OSPA: Each group should be autonomous except in matters affecting other groups or OSPA as a whole.

The Long Form Tradition 4 of AA: With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Tradition 5 of OSPA: Each group has but one primary purpose - to carry its message to the skin picker who still suffers.

The Long Form Tradition 5 of AA: Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose - that of carrying its message to the alcoholic who still suffers.

Tradition 6 of OSPA: 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, and prestige divert us from our primary purpose.

The Long Form Tradition 6 of AA: Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. - and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Tradition 7 of OSPA: Every OSPA group ought to be fully self-supporting, declining outside contributions.

The Long Form Tradition 7 of AA: The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose.

Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Tradition 8 of OSPA : Obsessive Skin Pickers Anonymous should remain forever nonprofessional, but our service centres may employ special workers.

The Long Form Tradition 8 of AA: Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12 Step" work is never to be paid for.

Tradition 9 of OSPA:OSPA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The Long Form Tradition 9 of AA: Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Tradition 10 of OSPA: Obsessive Skin Pickers Anonymous has no opinion on outside issues; hence the OSPA name ought never be drawn into public controversy.

The Long Form Tradition 10 of AA: No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Tradition 11 of OSPA: 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.

The Long Form Tradition 11 of AA: Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Tradition 12 of OSPA: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Long Form Tradition 12 of AA: And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Thank you_____

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 original members of this group worked 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 their 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.

Timekeeper

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

Thank you _____

Reading

This is a literature meeting of OSPA. As this is the third Thursday of the month, this week we will read the OSPA tool that corresponds with the month we are in & then open for sharing. The tool we will read is _____. Who would be willing to read this tool?

[After reading] Thank you _____ for reading.

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 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 yourself 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.

Sharing ends at 40 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.

I will now turn the meeting over to our Business meeting Chair for our business meeting.

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.

The Seventh Tradition and Announcements

Our Seventh 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 an online meeting, we do not pass a physical basket, but instead request you visit the donation section of our website at www.osparecovery.org

Our business meeting is held every third Thursday of the month, 40 minutes after the hour, for 15 minutes.

Are there any OSPA announcements?

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

The 9th 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_____.

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.

Everyone is welcome to stay on afterwards for conversation, support, and to exchange phone numbers in the chat box 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 keep your microphone muted 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.]

Phone Numbers

We will now take a moment to exchange phone numbers. In the chat box please type your name, phone number, and time zone. If you are on the phone you can say your number verbally.

This meeting has a WhatsApp Group. You are welcome to join once you have attended this meeting three times.

[Type: My name is ____, from _____, and my phone number is _____ (time zone, private voicemail, best times to call, willing to sponsor, etc)]

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.]

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?

General Fellowship

The meeting is now open for general fellowship

Business Meeting Format (Stepping into the Solution)

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)
 - Elected Monthly:
 - Trusted Servant for next month
 - Zoom Host for next month
 - Screen-sharer for next month
 - Elected Quarterly (March, June, September, December):
 - Intergroup Representative for the next 3 months
 - Business Meeting Chair for the next 3 months
 - Business Meeting Secretary for the next 3 months
 - Elected Biannually (June, December):
 - Google Drive Keeper for the next 6 months
6. Ask if there is any Unfinished 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.]
