



Opening Script

Welcome everyone to Adult Anonymous community,

This is a gentle, confidential space where you are invited to arrive exactly as you are.

There is no pressure to speak, no expectation to share, and no judgment in this room.

A few reminders before we begin:

- Cameras are optional.
- You may use an anonymous name if that feels safer for you.
- We listen without interrupting. (Which includes giving advice, opinion and back and forth communication)
- We speak from our own experience.
- What is shared here, stays here.
- Silence is always welcome.

Take a moment to settle in... notice your breath... notice your body...

and allow yourself to simply be here.

When you're ready, we'll move into our grounding.

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