

## **FAA VIRTUAL INTERGROUP SAFETY GUIDANCE**



In keeping with our Twelve Traditions, which emphasize unity and singleness of purpose, we ask that our sharing remain focused on our experience, strength, and hope as it relates to food addiction and recovery.

Because our program does not take positions on outside issues and seeks to avoid controversy, we encourage members to refrain from discussing politics, religious doctrine or affiliations, professional matters, or specific medical advice. Personal spiritual experience shared in the context of recovery is always welcome.

To help create a safe and supportive environment, we invite members to share from their own personal experience using ‘I’ statements and to keep the focus on their own recovery rather than on the opinions, behaviors, or shares of others.

In the spirit of placing principles before personalities, we ask members to refrain from cross talk, unsolicited advice, interrupting, aggressive or disruptive behavior, or language that may be harmful or disrespectful to others.

We recognize that recovery is a process and that we are all learning and growing together. If difficulties arise, trusted servants may gently intervene in order to help preserve the safety, unity, and recovery focus of the meeting for everyone present.

Thank you for helping us create an atmosphere of respect, compassion, honesty, and recovery.