

# **Chicago Area S-Anon Intergroup** **Our Interpretation of Cross Talk**

The Cross Talk definition is very broad and leaves out many specifics. If we were to create a clearer definition it would look something like this...

## **Cross Talk is...**

- **Relating to someone's share and using their name or looking at them when you comment on their share. (This includes adding gestures of thanks to the person who is leading the meeting in your share. Thanks are given at the end of the meeting.)**
- **During a person's share giving a high five or "shout-out", thumbs up, pat on the back or any **extreme** measure of agreement.**
- **Interrupting someone's share with a verbal comment.**
- **Criticizing or giving advice on a previous share.**
- **Focusing on someone else rather than yourself (using "you" statements rather than "I" statements).**

## **Cross Talk is not...**

- **Relating to someone's share and making a general comment on it.**
- **During a person's share: nodding your head in agreement, smiling, laughing, or crying.**
- **Sharing your experience on a person's share after the meeting is over.**

In conclusion, we do not want sharing to become robotic or too rigid. We would like to leave room for warmth, humanity, and connection.