

# ALL RECOVERY MEETING FORMAT

**ENGAGING MULTIPLE PATHWAYS** - All Recovery Meetings are based on the idea that there are great benefits to bringing people together from multiple recovery pathways. All Recovery meetings honor all pathways, acknowledging that each person's path is unique and reflects their personal strengths. The meetings are an opportunity for social support that focuses on the hope and healing found in recovery and to connect with others who are initiating and maintaining a recovery lifestyle.

## OPENING

I'D LIKE TO WELCOME EVERYONE TO THIS ALL RECOVERY MEETING.

AN ALL RECOVERY MEETING IS NOT A 12-STEP MEETING AND HAS NO AFFILIATION WITH NA/AA.

MY NAME IS \_\_\_\_\_. TO BEGIN WITH, I'D LIKE TO SAY THAT WE WELCOME ALL WHO STRUGGLE WITH ADDICTION, ARE AFFECTED BY ADDICTION, OR SUPPORT THE RECOVERY LIFESTYLE. WE WOULD ALSO LIKE TO ASK THAT YOU RESPECT THE VIEWS AND COMMENTS OF OTHERS AND THAT YOU REFRAIN FROM THE OVERUSE OF PROFANITY THAT MAY OFFEND OTHERS. LET US START FROM A PLACE OF RESPECT AND UNDERSTANDING FOR ONE ANOTHER BY SHARING ONE AT A TIME.

PLEASE TURN YOUR CELL PHONES OFF OR PUT THEM ON VIBRATE.

CAN WE START THIS MEETING WITH A MOMENT OF SILENCE TO REMEMBER WHY WE ARE HERE? THANK YOU.

PLEASE FREE FREE TO SHARE ON ANYTHING THAT YOU FEEL WILL ENHANCE YOUR RECOVERY OR THE RECOVERY OF OTHERS. PLEASE BE MINDFUL OF THE AMOUNT OF TIME YOU SHARE.

## CLOSING

IN CLOSING, I WOULD LIKE TO THANK ALL WHO HAVE ATTENDED TODAY.

WE WILL CLOSE THIS MEETING WITH A POSITIVE AFFIRMATION ABOUT OURSELVES FOLLOWED BY A MOMENT OF SILENCE TO REMEMBER WHY WE ARE HERE. (CHAIR PERSON SHARES A POSITIVE AFFIRMATION.)