

# All Recovery Meeting

## OPENING

I'd like to welcome everyone to the All Recovery Meeting.

My name is \_\_\_\_\_. To begin with, I would like to say that we welcome all who struggle with addiction, are affected by addiction, or support the recovery lifestyle. We 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.

### Group Safety and Respect Guidelines

- What we discuss in the meeting is **confidential**. Seek permission before sharing someone else's personal information.
- Please turn off your cell phones or put them on vibrate.
- Be kind and respectful. Feedback should only be given with permission.
- Please try and limit your feedback so everyone who wants to speak can get a chance. If you have a lot you want to say to someone, consider speaking to them after the meeting.
- Try to refrain from "shoulding" on others or going off-topic.
- If the group exceeds 8 or more participants, we will split the group into two parts.
- Additional guidelines?

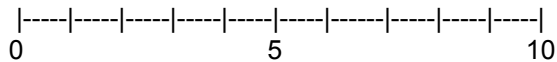
We will start this meeting with a moment of silence to remember why we are here.

Please feel free to share anything that you feel will enhance your recovery or the recovery of others. *Please be mindful of the amount of time you share.* Take a moment to complete your Recovery Capital Check-In on the next page, if you have not done so already.

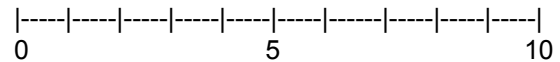
## Recovery Capital Check-In

The four areas below represent our recovery capital. Take a moment to fill out the scales below.

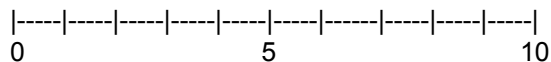
### Spiritual Health



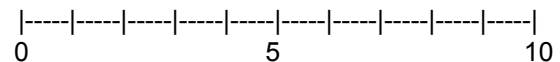
### Emotional Health



### Physical Health



### Mental Health



**A meeting facilitator starts by asking another member about the four areas of health/recovery capital from above.**

1. How have you been feeling this week?
2. What are your highest and lowest numbers? Is there anything specific about your numbers you would like to share?
3. Are you open to hearing feedback?
4. Does anyone have any feedback?

**After everyone has had an opportunity to participate in the group, a meeting facilitator does the closing.**

### CLOSING

I would like to thank everyone for attending. We will close this meeting with each of us taking 30 seconds or less to say what we are grateful for today.

Thank you for attending and we hope to see you again. If you enjoyed the meeting, please bring a friend or family with you to the next meeting.