STEP STUDY MEETING FORMAT

The Secretary passes introductory materials to various people for reading. Meeting begins at (insert time) and is ( ) minutes long.

Secretary: Hello! My name is___. Welcome to the (insert group name) Step Study Meeting. We meet to read the Steps (state text in use) and to share our experience, strength and hope with each other. By practicing the 12-Steps and accepting a Higher Power of our own understanding, we find freedom from addictive and codependent behaviors as we learn to release ourselves from the trauma and dysfunctional conditioning that had controlled us in the past.

Please join me in the Serenity Prayer. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

I've asked_____to read (Handout 1.)_____are read.

I've asked_____to read (Handout 2.)_____are read.

I've asked_____to read (Handout 3.)_____are read.

Are there any announcements? (Read announcements). Now let's go around the room and introduce ourselves by first name. I'm_____. Each member introduces themselves. This meeting is a Step Study meeting; tonight our subject is Step__. Shall we begin the reading? (Step text is read for 10-15 minutes by the group or a Step Exercise is read).

The Secretary resumes: This part of the meeting is for open sharing. We also welcome your “Show and Tell" poems, pictures, songs, or other creative work that you want to share in this safe setting with the group. Remember, what you hear at this meeting is not for gossip or public disclosure. Please respect the privacy of what is shared. Also, we practice self-discipline in sharing by taking turns having the opportunity to speak. We ask that you keep

your sharing to three to five minutes each time you speak so that everyone will have a chance. Who would like to begin?

Closing (at the end of the meeting period): It is time now for the Seventh Tradition, which states that we are self-supporting through our own contributions. Our expenses are about $__ (week/month).

This group has a commitment to supporting each member in working through all of the 12 Steps, but we are reminded that we need only share what feels safe to share at group-level. Each of us is free to develop our own sharing boundaries. If you find some things too painful or too personal to share at group-level, please take the initiative to develop a sponsorship relationship with an individual you trust to work with one-on-one. Remember to keep coming back and let the understanding, love and peace of the program grow within you one day at a time. Now, let's close with (prayer or affirmations of choice). (Meeting ends).



Alternative formats can be used. Adapting Sharing Circles to include 12-Step perspectives is an optional practice that can be used with the group's consent (not imposed by a therapist). It is also acceptable to make use of materials and approaches from cultures that are not of Anglo-European origin, given respectful acknowledgment to these sources is maintained.