

RECOVERY: FAITH, COMMITMENT AND ACTION WRITING WORKSHOP

Objectives:

- Get people thinking about what they want in recovery; the fears and reservations that are standing in their way; and the ways to overcome and walk through fears with courage and commitment by developing faith and taking action.
- Give newer members a self-made roadmap on actions they can take to be committed to their recovery.
- Interact with others and feel like they have participated.

Material: paper (spiral notebooks), pens, white boards (big pad of paper), markers, ground rule handouts (2 per table), IP #14 to read and to handout to all, 6 sheets of each question for small group tables

- I. Introduction (15 minutes)
 - a. Ourselves
 - b. This workshop will be about exploring our recovery, what is standing in the way of us recovering, and actions to develop or maintain commitment to our recovery.
 - c. We will be discussing, writing and sharing throughout the workshop
 - d. Everyone else introduce themselves and where they are from (Area &/or town)
 - e. Number off into small groups
 - f. Read aloud to the large group the first 3 paragraphs of IP #14 "One Addict's Experience with Acceptance, Faith and Commitment"
 - g. Pass out spiral notebooks and pens

- II. Large group brainstorm (5 min)
 - a. Say something to the effect of: We are only giving one promise in NA -freedom from active addiction. Nothing else is promised to us, but we can have hopes, dreams and aspirations to work towards as we stay clean and learn to live. It usually starts with wanting get rid of the loneliness, despair and shame and just being able to stay clean and stop hurting so bad.
 - b. Ask the large group, "What do you want from your recovery?" Elaborate on this question if people are having a hard time thinking of things, ex: sanity, enjoying life and wanting to live, form or mend relationships with family/friends, etc.
 - c. Get a few answers and write them on the large pad to get examples of things people hope for.

- III. In small groups: (25 min)
 - a. Individually write on what you personally want from your recovery. (5 min)
 - b. Ask them to discuss "What is standing in the way of you accomplishing these things?" (10 min)
 - c. Individually write on "What is standing in the way of you accomplishing these things?". (10 min)

- IV. In small groups: (15 min)
 - a. Read aloud to the large group paragraphs 4 and 5 of IP #14 (One Addict's Experience...)
 - b. Ask participants to discuss in their small groups "What decisions are you going to make to achieve these things?" briefly. (5 min)
 - c. Then individually write on "What decisions are you going to make to achieve these things?" and "How will your higher power play a role in your decision-making process?". (10 min)

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- V. In small groups: (25 min)
- a. Read aloud to the large group the remaining 4 paragraphs of IP #14
 - b. Ask participants to discuss in their small groups “What actions are you going to take to accomplish this?” briefly (5 min).
 - c. Then individually write on “What actions are you going to take to accomplish this?”. (10 min)
 - d. Then individually write on “What are you grateful for today that you’ve received in your recovery?”. (10 min)
- VI. In large group wrap-up –all groups share ideas, thoughts, experiences (5 min)
- a. Ask for people to share what they’ve received in recovery that they are grateful for today.
(don’t write on pad)
 - b. Close with prayer

**WHAT DO YOU WANT
FROM YOUR RECOVERY?**

**WHAT IS STANDING IN
THE WAY OF YOU
ACCOMPLISHING THESE
THINGS?**

**WHAT ARE YOUR
GRATEFUL FOR TODAY
THAT YOU'VE RECEIVED
IN YOUR RECOVERY?**

**WHAT DECISIONS ARE
YOU GOING TO MAKE TO
ACHIEVE THESE THINGS?**

**AND HOW WILL YOUR
HIGHER POWER PLAY A
ROLE IN YOUR DECISION-
MAKING PROCESS?**

**WHAT ACTIONS ARE YOU
GOING TO TAKE TO
ACCOMPLISH THIS?**