THE TRIANGLE OF SELF-OBSSESSION

Objectives:
- Get people thinking about living in the here and now
- Explore resentment, anger and fear and the principles to apply instead (acceptance, love, faith)
- Interact with others and feel like they have participated.

Material: paper for reporters, pens, white boards (big pad of paper), markers, ground rule handouts (2 per table), IP #12 to read and copies for all, 8 sheets of each question for small group tables

I. Introduction (5 minutes)
   a. Ourselves
   b. This workshop will be focused on the Triangle of Self-obsession we face in our addiction: resentment, anger and fear and the principles we can apply instead in recovery: acceptance, love and faith.
   c. We will be discussing and sharing with one another throughout the workshop about ways to live in the here and now.
   d. Everyone else introduce themselves and where they are from (Area &/or town)
   e. Number off into small groups
   f. Handout IP #12 “Triangle of Self-Obsession” to each participant

II. Large group brainstorm (15 min)
   a. Read aloud to the large group the first 5 paragraphs of IP #12 “The Triangle of Self-Obsession”
   b. Ask large group “Why is it important to live in the here and now?”
   c. Record answers on large pad
   d. Add examples if people are having a hard time brainstorming (to be present and aware, to gain serenity, stay flexible, low anxiety, sense of wellbeing, connect w/ HP, etc.)
   e. Ask large group “What prevents us from living in the here and now?”
   f. Record answers on large pad
   g. Add examples if people are having a hard time brainstorming (resentment, anger, fear, self-centeredness, shame, guilt, fear of unknown, etc)

III. Instructions for small groups: (10 min)
   a. “Now you’re going to brainstorm on some questions within your own table’s group. So for this part you will need to pick a person to be a facilitator, another to be a recorder, and a third person to be a reporter. The facilitator will keep the group on task and encourage all members at the table to give input. The recorder will record all brainstorming answers on the paper provided @ your tables. After you are finished brainstorming, the reporter will give state some of your answers to the whole large group.” So, take a minute to pick your people.” (5 min)
   b. Pass out paper and pens for recorders
   c. Ask a volunteer to read “Brainstorming Guidelines”
   d. Ask another volunteer to read “Suggested Ground Rules”

IV. In small groups: (20 min) (Resentment to Acceptance)
   a. Facilitator reads aloud to the large group paragraph 6 (2nd to last paragraph) of IP #12 (Triangle...
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b. Ask small groups to brainstorm ideas to the question, "Why do we hang onto resentments?" (Handout question -1 to each group) (5 min)
c. Ask small groups to brainstorm solutions to the question, "What can we do to let go of resentments and move towards acceptance?" (Handout question -1 to each group) (5 min)
d. After small groups have come up with a list, ask each group’s reporter to name one idea they came up with for the first question to the large group. (5 min)
e. Write groups’ answers on large pad
f. Ask reporters for a solution they came up with for the second question. (5 min)
g. Write groups’ answers on large pad

V. In small groups: (20 min) (Anger to Love)
a. Ask small groups to brainstorm ideas to the question, “How does our self-centeredness keep us angry?” (Handout question -1 to each group) (5 min)
b. Ask small groups to brainstorm solutions to the question, “What can we do to become more loving?” (Handout question -1 to each group) (5 min)
c. After small groups have come up with a list, ask each group’s reporter to name one idea they came up with for the first question to the large group. (5 min)
d. Write groups’ answers on large pad
e. Ask reporters for a solution they came up with for the second question. (5 min)
f. Write groups’ answers on large pad

VI. In small groups: (20 min) (Fear to Faith)
a. Ask small groups to brainstorm ideas to the question, “How does fear paralyze us into inaction and keep us in our self-made prisons?” (Handout question -1 to each group) (5 min)
b. Ask small groups to brainstorm solutions to the question, “How can we use faith to keep us moving forward in spite of our fear?” (Handout question -1 to each group) (5 min)
c. After small groups have come up with a list, ask each group’s reporter to name one idea they came up with for the first question to the large group. (5 min)
d. Write groups’ answers on large pad
e. Ask reporters for a solution they came up with for the second question. (5 min)
f. Write groups’ answers on large pad

VII. In large group wrap-up – all groups share ideas, thoughts, experiences (10 min)
a. Ask for people to share on “What action can we take to stay in today?”
b. If low on time, don’t write on pad, just take answers. If good on time, write on pad.
c. Facilitator read aloud to large group last paragraph (and chart) of IP #12
d. Close with prayer
Why do we hang onto resentments?

What can we do to let go of resentments and move towards acceptance?

How does our self-centeredness keep us angry?
What can we do to become more loving?

How does fear paralyze us into inaction and keep us in our self-made prisons?

How can we use faith to keep us moving forward in spite of our fear?