

HOW TO WRITE AN EFFECTIVE SCRIPT

SMART RECOVERY SAN DIEGO

Our library of scripts is not static, but rather a living resource where new Topic Discussion scripts are added and existing scripts are updated.

We strive to include a wide variety of topics to encourage sharing and discussion.

Writing a script is a fantastic way to help our community by expanding topic choices.

We welcome contributions to our library from facilitators and participants alike.

HERE ARE A FEW THINGS IN MIND WHEN WRITING MEETING SCRIPTS:

- The topic you choose should be of general interest and spark discussion around making progress with addictive behaviors and living a more balanced lifestyle.
- Review the existing scripts to see what topics are already included and to get a feel for how those scripts are written.
- Remember that participants come to SMART meetings with variety of addictive substance issues and maladaptive behaviors, not limited to alcohol.
- Participants may be exploring options and in any stage of change, including contemplation.
- Please keep in mind that we want SMART San Diego's meetings to feel welcoming to people of all ages, experiences, and educational backgrounds.
- Keep it short. Scripts should be between 200 and 300 words. The script and the questions should almost always fit on one page.
- Keep it simple. The most effective scripts have a narrow focus and don't introduce too many ideas. It should be easy to read aloud and understand. Use short words and sentences wherever you can.
- The primary purpose of a script isn't to educate, although very basic new ideas might be introduced. Our participants have a wealth of knowledge and experiences to share, which can be more meaningful than information presented in a lecture format.
- When formulating questions, set the expectation for participants to speak from their own experience or perspective using "I" statements when possible. The ideal script prompts meaningful discussion where participants are encouraged to learn about others and discover more about themselves. Ending the script with a question that helps participants think about their own strengths can help them celebrate their successes as they leave the meeting.
- Use your fellow facilitators as a resource. You can ask the Google group for feedback or to help you generate good questions for your script. Before you submit your script for publication, try it out in a meeting and have one or two other facilitators use it too. Their feedback can help you fine tune your script.
- Please submit your new script to community@smartrecovery.org.
- Keep in mind that your script will be proofread for clarity and accessibility prior to publication on our website.

