

Primary Meeting Script (In Person)

Welcome! This is SMART Recovery. My name is _____. I'll be facilitating this meeting. Thanks for joining us.

The primary rules of this meeting are that it is confidential, that no one is required to participate, no one gets to talk too long or too often, we stay focused on making progress with addictive problems and building a better life, and we don't give advice or tell you how to talk.

After this introduction we will do a check-in around the room. You can pass, or tell us what you'd like us to know. After check-in I'll present today's discussion topic, and we'll start with an around the circle question about it. At 10 minutes before the end of the meeting I will make announcements, then we will check out. During checkout you can thank someone for something they said, say what was most meaningful to you about the meeting, or give us any other final thought.

SMART uses a self-empowering approach. We work to develop our own capacity and strength to address our problems and to live a more meaningful life. We focus on changing our own beliefs and behaviors to bring them more in line with facts, logic, our goals, and our values. How helpful today's meeting will be will depend largely on how much participants open up and entrust us with their deeper thoughts and feelings.

Please keep in mind SMART Recovery San Diego is run entirely by volunteers and relies on donations to pay its expenses including the rent at the Kearney Mesa Community Center and paying our Zoom licenses for virtual meetings. If at the end of the meeting, you feel this meeting has helped you in some way, please consider making a donation when I pass the hat.

____ would you like to begin check-in? (record the order that you call on them; use this order each time you go around the circle)

Conclude check-in, read script, start the around the circle questions

Announcements: The handbook is available for sale on the national website. There is also a great deal of free information about SMART there. We are always looking for more meeting facilitators. Please let me know if you'd like to learn more about our free training.

SMART San Diego is run entirely by volunteers and relies on donations to pay expenses including keeping the lights on at the Kearny Mesa community center and paying our Zoom licenses for virtual meetings. If you feel this meeting has benefited you, please consider donating when the hat gets to you. I can sign verification cards right after the meeting.

Checkout: You can thank someone for something they said, say what was most meaningful to you about the meeting, or give us any other final thought.

Thanks everyone! I look forward to seeing you next week.