



## **ALL RECOVERY MEETING FORMAT**

### **OPENING**

I'd like to welcome everyone to this All Recovery meeting.

An All Recovery meeting is not a 12-step meeting and has no affiliation with NA/AA.

My name is \_\_\_\_\_. To begin with, I'd like to say that we welcome all who struggle with addiction, are affected by addiction, or support the recovery lifestyle. We would also like to ask that you respect the views and comments of others and that you refrain from the overuse of profanity that may offend others. Let us start from a place of respect and understanding for one another by sharing one at a time.

Please turn your cell phones off or put them on vibrate.

Can we start this meeting with a moment of silence to remember why we are here? Thank you.

Please feel free to share on anything that you feel will enhance your recovery or the recovery of others. Please be mindful of the amount of time you share.

### **CLOSING**

In closing, I would like to thank all who have attended today.

We will close this meeting with a positive affirmation about ourselves followed by a moment of silence to remember why we are here.