

First Step Introduction

(Please note: A maximum of thirty to forty minutes of meeting time is set aside for the presentation of this First Step. After this time, the group may provide feedback to the presenter if the presenter so desires.)

_____, you are about to share with us your First Step. We acknowledge and affirm your courage in taking this step.

For you, the purpose of this First Step is to aid you in your program of recovery. It is not done to please the group or to obtain or gain any kind of status. Moreover, any effort you make is legitimate and should be considered as a “gift” to yourself.

The group’s only desire is that you be as specific as possible, speaking from your heart, and touching the pain and realities of your addiction. It is not about shame. It **is** about speaking your truth so that we can hear **you** and not your addict.

In return, we promise to be loving and caring. We will accept you as you are... nothing more and nothing less. Judgement will be cast aside.

After your presentation, you will have the option to hear feedback from the members of the group. Are you open to this feedback?

May God grant you serenity. Please begin.