



Dual Anon

Dual Anon Family Groups Meeting Format

Welcome

Welcome to the (insert name of group) Group of Dual Anon. We open our meeting with a moment of silence, followed by:

The Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

We are family and friends of people who experience a dual disorder of chemical dependency and emotional or psychiatric illness. We believe that the dual disorder of one family member can have a significant impact on the lives of the other family members.

In Dual Anon, by sharing our experience, strength and believable hope, we realize that we are not alone. Together we find it is possible to heal and find a sense of well-being. The Dual Anon program helps us discover solutions that lead to serenity.

Ours is a self-help program based on the Twelve Steps of Dual Anon. As we apply these Twelve Step principles in our lives, we find our own personal recovery, learn new coping skills and our lives begin to improve. Without practicing these principles, living with the problems of another person's

dual disorder was too much for many of us. We neglected ourselves, our thinking became distorted, we became desperate and tried to force solutions.

In Dual Anon we find a new sense of freedom and inner peace. In time, our problems lose their power to dominate our thoughts and our lives. We learn to be understanding and compassionate without compromising ourselves.

We welcome and comfort families and friends who live with the effects of another person's dual disorder.

Introductions

Shall we take this time to introduce ourselves? First names only, please.

Do we have any newcomers? Glad you're here!!

Announcements

Are there any Dual Anon announcements?

The Dual Anon Preamble

Would someone please read the Dual Anon Preamble?

The Twelve Steps of Dual Anon

Would someone please read the Twelve Steps of Dual Anon?

Donations

Every Dual Anon Family Group is self-supporting through our own donations. A basket will be passed at some point during the meeting for voluntary contributions.

Tonight's Meeting

Chairperson's Choice:

Newcomer – Each member and newcomer shares their story

Step Work – A study of one of the Twelve Steps

Discussion/Sharing – Updates on personal progress or challenges

Topic – Other topics related to recovery

Other

The Twelfth Tradition

Tradition Twelve reminds us of our need for anonymity. We ask that you do not repeat the names of anyone who has attended this meeting, or talk about what has been shared. Only by exercising this tradition can Dual Anon provide a setting where we can feel safe to share in a way that will help our personal recovery.

Closing

This is the time that we typically end our meeting. Those of you who need to leave, feel free to do so. Some of us may wish to talk a little longer.

Let us close with the WE version of the serenity prayer:

God, grant us the serenity
To accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.

Keep coming back, it works if you work it, and we're worth it!