

GROUP OUTLINE

Residential Week 1: Authenticity

(10 minutes) Meditation

(10 minutes) Check-in: Everyone states their name and says one thing about authenticity.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(20 minutes) Group Process (Dyads): Have clients close their eyes. Now say: "Think of a time when you were really authentic, really yourself. How does that feel? What are the sensations in your body? Now, think of a time when you were really inauthentic. How does that feel?" Notice how each of those feel in your body. Have them get with a partner and describe a time when "not being yourself" created challenges or difficulties. (Each person shares while other person listens.)

(15 minutes) Group Process: (Whiteboard or Flip-chart) Iceberg metaphor. Draw a picture of an iceberg. (Showing that most of the iceberg is "below the waterline.")

Teaching Point: All we can see is what is "above" the waterline. What is "below" the water line that we are afraid to show?

Group Brainstorming: (Write all answers on board or flipchart) Point: Not everything below the water line is "bad." There are dreams, goals, etc.

Brief Discussion: Why are we afraid to be authentic and show people what is below the waterline?

(20 minutes) Group Process: "If You Knew Me..."

Ask: "Are you willing to practice authenticity?"

Important points:

- Say: "Only go as deep as you feel safe doing so"
- You will set the stage by how deep you go in the beginning
- Get an agreement of confidentiality before the process begins
- Do not allow any feedback, questions, or comments about what people are saying—simply keep the process moving

Invite participants to come together in a circle. (As close together as they are willing to sit.) You begin the process by saying "If you knew me, you would know_____" (Tell them something about yourself.) Then, one at a time, everyone in the circle also completes the phrase "If you knew me, you would know_____" Tell them ahead of time that there will probably be three or four rounds and that you will let them know when it is the final round. The second round is "If you REALLY knew me, you would know_____" The third round is "If you REALLY, REALLY knew me, you would know_____", and so on.

(5 minutes) Group Discussion: Ask the questions: "Do you feel closer or further away from people in the circle?" and "How do you feel about what you shared?" (Too much...too little, etc.)

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 2: Perception

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name, and one thing about perception. (For example: "How much of life is perspective?")

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

Introduction of Topic: You can say that life's challenges are a result of misperception. It boils down to "I create the meaning in my life." (Car window analogy)

(10 minutes) Group Process (Brief Discussion): Share a time when you had a particular perspective about someone that later turned out to be incorrect. What happened and how did that feel?

(15 minutes) Group Activity-Circle of Honor: Ask participants to make a circle, standing in order of newest people to elder members. Honor each group by stating that each person has a different point of view based on how long they have been in the program.

Place a chair with multiple items on it in the center of the circle. (That you prepared before group started.) Ask people to describe it from their

different perspectives, starting with the person who has the most obstructed view.

Teaching Point: Every perspective is valid. Every viewing point is incomplete. Ask clients to use this as a metaphor and have a brief discussion regarding the different factors that create our point of view. (Age, race, gender, family history, etc.)

Brief Discussion: What are the different ways we can know what's in the chair? (Change your position in the circle, move the chair, ask someone else who has a better view.)

(Remain standing) Ask them to shift to a new place so they can get a new perspective. Now, ask clients to come up with some ideas about how they might begin to shift their perspectives. (One way is to question those perspectives...this can lead into the next process).

(20 minutes) Group Activity: Living in the Question. Read handout out loud and discuss. (Either as a group or in smaller groups).

(15 minutes) Group Process: (Dyads)

Important: Demonstrate this in the middle of the room with a volunteer so they can see what the process "looks like."

Have people choose a question, or create an open-ended question for the group. (What is addiction? or What is recovery? for example) Set timer for 3 minutes, and have person A ask person B the same question for the three minutes. (Person A answers with one-word or one-sentence answers...person B simply repeats the same question for the three minutes). Switch roles and repeat. (With a different question).

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 3: Conflict

(10 minutes) Meditation

(10 minutes) Check-In: Everyone states their name and says something about conflict. (How they handle it...what it was like in their family growing up, etc.)

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(10 minutes) Introduction of Topic: Conflict

Share these key points. (You might want to write these key points on the board for discussion):

- Conflict gets created by misperception/perspective
- Conflict gets created by wanting "others" to change
- At the root of conflict is the desire to be "right"

(30 minutes) Group Process: Continuum. For this exercise use a large open room. Place a sign that says YES on one wall, and a sign that says NO on the opposite wall. Then, with masking tape make a line down the middle of the room. Let clients know you will be making 6 different statements.

Ask them to stand wherever they are on the continuum regarding the statement. (If they totally agree with the statement, they would stand all the way toward the “yes” sign, etc.) Ask a couple of people to share why they are where they are on the continuum, then ask if anyone wants to change where they are standing as a result of what they have heard.

Statements:

- I am comfortable with conflict
- I understand conflict can be a source of great change
- I am willing to find another way to work with conflict
- I know my purpose
- No one is against me
- I love myself exactly as I am

(10 minutes) Discussion: Take some time to discuss what came up during the process.

(10 minutes) Group Process (Dyads): Each person shares and then listens. (You might want to write these questions on the whiteboard.)

- What is one conflict you have experienced in the last month?
- How did you handle it?
- What were the consequences of your actions?
- What were the hidden INNER resources?

Now write the INNER resource on an index card. (Some examples of INNER resources are, gratitude, acceptance, courage, etc.)

Group Discussion (Time Permitting): How was that? Any insights? Observations?

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 4: Recovery Rocks

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name and something about their inner critic and core false beliefs. (Critical self-talk).

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(10 minutes) Introduction of Topic: Brief educational overview of how core false beliefs develop and how they lead to addictive behavior.

Share these key points: (You might want to write these on the board or flipchart for discussion):

- We come into this world whole and connected to who we are
- Through various types of trauma, we develop core false beliefs
- These beliefs get trapped in the subconscious and impact our lives
- It is important to bring them into conscious awareness to be free

(5 minutes) Teaching Point: Draw a picture of the "seed and tree" and talk about how the seed represents our unconscious beliefs. (We can spend time "trimming and decorating" the tree but nothing really changes unless we get down to the seed).

(5 minutes) Group Process: Identify one core false belief. Go around the circle and have everyone simply say their belief. (No feedback or comments). Core false beliefs usually start with "I am..." or "I am not..."

(15 minutes) Group Process (Dyads): Have participants interview each other regarding their chosen core false belief using the following four questions. (You might want to write these on the board or flipchart for discussion):

- Where did this belief originate?
- How do you feel when you believe it?
- When does it arise?
- What would it take to be free from it?

(25 minutes) Group Project: Have everyone write their core false belief on a flat rock. Now, walk to a place (woods, body of water, etc.) to throw the rock while saying some version of "I now release this belief/lie, etc."

You may want to say: "People often ask if it is really as simple as writing the belief on a rock and throwing it. My answer is this: Maybe, but for most of us it is simply a reminder that if we find ourselves returning to the critical thought we can remind our self that we "threw it away."

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 5: Communication

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name and something about communication.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(5 minutes) Group Discussion: Ask these questions and discuss:

- What percentage of communication is non-verbal? (Studies indicate that 85-90% of communication is non-verbal)
- What is non-verbal communication? (Most will probably say "body language" as the answer)

Key Point: Body language is only another small percentage of communication; most is energy. (Explain that animals are naturally in-tune with energy and when we were pre-verbal we picked up on the energy around us.)

You might ask the question: "Have you ever met someone and you feel really comfortable around them? Is it their body language or might it be their energy?"

(15 minutes) Group Brainstorming (Flip-chart): Aggressive, Passive, Passive-Aggressive, Authentic. (Frame the first three as tendencies, possibly ineffective, and that the goal is to move toward authentic.) Ask clients: "What are the characteristics of the first three styles?" Have clients brainstorm these and list the attributes for each of them on the whiteboard or flipchart.

(10 minutes) Group Discussion: Which style do you tend toward? (*One of the first three*) Then have them brainstorm the characteristics of authentic communication. If participants try to choose authentic, have them choose one of the first three.

(20 minutes) Group Process (Small Groups): Have people break into small groups based on the style they tend toward and then sit and discuss the following points. (You might want to write these questions on the board):

- Where did this tendency originate?
- What are the useful and un-useful aspects in your life?
- What are some of the ways/tools to move toward authenticity?

(10 minutes) Group Process: Have one person from each group "report" to the larger group regarding the discussion in their group, especially focusing on the "how-to" move toward authentic communication.

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 6: Change

(10 minutes) Meditation

(10 minutes) Check-in: Everyone states their name and says something about change.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(30 minutes) Group Activity (Art): Have each client draw a life-changing moment. (This can be "positive" or "negative.")

Ideally, they will spread out so no one else sees what they are drawing.

When each client is finished, tape the drawings up on the wall without letting other clients see who drew it.

(30 minutes) Group Process: One by one, have clients guess what the life-changing moment is and who drew it.

After everyone guesses, have whoever drew it stand in front of the group and explain their drawing and share about the life-changing moment.

(Time Permitting) Group Discussion: How was that? Any insights?

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 7: Gratitude

(10 minutes) Meditation

(20 minutes) Check-in: Everyone says their name and pulls a gratitude quote out of the basket and shares what it means to them.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(10 minutes) Group Process: Have clients write on an index card three things they are grateful for and on the other side three things in their life that they feel are challenging.

(10 minutes) Dyads: Have clients get with a partner, and share *why* they are grateful for what's on the front of their cards.

(10 minutes) Meditation: Listen for ways to be grateful for EVERYTHING. Guide them through a meditation focusing on shifting awareness from "gratitude for" to "gratitude in" the midst of any situation. (You can simply read the following *slowly*, or make it your own.)

"I invite you to gently close your eyes. We start by taking a deep breath together. On the exhale simply allow yourself to settle in and open up to this very moment."

"Now, imagine one of the things you are grateful for that you listed on your card. Really feel into the energy and the frequency of gratitude as you imagine the thing for which you are grateful. How does it feel in your body?"

"Now, think of one of the challenges you listed on your card. Imagine for a moment bringing the energy of gratitude to this situation. What do you notice as you imagine this? Now, take a moment to sit with this feeling."

"Now, as you feel ready, I invite you to bring your awareness back into the room and gently open your eyes."

Time Permitting: "How was that? What did you notice?"

(10 minutes) Group Discussion (Ask someone to write this quote on the whiteboard or flipchart): "Develop an attitude of gratitude, and give thanks for everything that happens, knowing that every step forward is a step toward achieving something bigger and better than your current situation." - Brian Tracy

Teaching Point: How to be grateful for the challenges in your life. This is where you focus on helping them shift into an awareness that they can be grateful in the midst of anything happening in their lives and ultimately, shifting into BEING gratitude in the world.

(10 minutes) Group Process: "Anyone want to share the gratitude for what is on their "challenges" card?" (Have them stand.)

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 8: Relapse Triggers

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name and says something about what one of their “triggers” are.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No “Fixing”
- “I” Statements
- Feedback Upon Request

(5 minutes) Introduction of Topic: In the addiction treatment field, the word “trigger” is used to describe something (a person, place, etc.) that causes someone to relapse. This is implying the something or someone “out there” is the cause of their pain. But, it is really a “button” that was touched INTERNALLY and that is where the focus need to be.

(5 minutes) Group Discussion: Read (or write on board) and discuss this quote: “It is not your words that hurt me, it’s that you touched a wound that has not healed.” - Don Miguel Ruiz

(20 minutes) Group Process (Small Groups): Have people break into three small groups and read one of the readings (out loud) and discuss.

(15 minutes) Group Process: Have one person from each group “report” to the larger group regarding the discussion in their group.

(15 minutes) Group Discussion (Flip-chart): Line down center of flip-chart. On one side brainstorm and list "TRIGGERS" on the other side "ACTIVATIONS."

Key Points:

- There is a deeper way to approach a "trigger"
- It is really a "button" that is touched INTERNALLY that's the issue
- The "button" is getting activated in order to heal
- In this way we are no longer giving our power away

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 9: Balance

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name and something about balance.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(5 minutes) Introduction of Topic: Physical, Intellectual, Emotional, Spiritual: The Buddhists call it the "four rooms." Here are the key talking points. (You might want to write them on the board):

- We are like a house with four rooms (P, I, E, S).
- We need to spend at least some time in each room
- What does balance look like?

(15 minutes) Group Brainstorming (Flip-chart): What are some examples from the four rooms? List the attributes and activities for each of them. (For example, exercise lives in the physical room, etc.)

(15 minutes) Group Process: Have clients draw something that represents each of the rooms. (You can have each client create their own drawing with all four, or you can have 4 large pieces of paper hanging on the wall and label each paper with the “four room” titles).

(10 minutes) Group Discussion: Which room do you tend to live in most often? (Have each group member identify which room is their “default” room).

(15 minutes) Group Process (Small Groups): Have people break into small groups based on the predominant room they tend to live in and have them discuss the following points. (You might want to write them on the whiteboard or flipchart for them to see.)

- Where did this tendency originate?
- Which room would you like to develop?
- What are some of the ways/tools you can utilize to develop the “new” room?

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 10: Making Peace w/ Past

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name and something about making peace with the past.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 minutes) **Group Activity:** Ask clients to think of a person they are having trouble forgiving. Have them write out the details of the situation. (For this exercise, they cannot work with self-forgiveness.)

Have them get with a partner and share what they wrote. (No feedback for this process and definitely no "solution" seeking.)

(15 minutes) **Group Activity:** Now, have them write about the same situation, but from the OTHER PERSON'S perspective.

They will then get with the SAME partner and share what they wrote. (Again, no feedback for this process and definitely no "solution" seeking.)

(15 minutes) **Group Activity:** Now, have them write about the same situation, but from their HIGHER SELF (or higher power's) perspective.

Time Permitting: They will the get with the SAME partner and share what they wrote. (Again, no feedback for this process and definitely no “solution” seeking.)

(15 minutes) Group Process: Have each person read ONLY their third version. (Without telling the “story.”)

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 11: Self-Love & Acceptance

(10 minutes) Meditation

(10 minutes) Check-in: Everyone says their name and says something about judgment.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 minutes) **Group Activity (Tied Up in Knots):** Have participants (even number) stand in a circle shoulder to shoulder. Say: "Extend your left hand into the center of the circle. Take someone's hand that is NOT standing next to you. Do the same thing with your right hand, making sure that you do not grab the hand of the person standing next to you OR the person whose hand you are already holding. Now, untie the knot without letting go of anyone's hand." (Silently first.)

NOTE: If you think or feel that this activity is not appropriate (group size, dynamics of clients, etc.), I invite you to create a 15 minute "ice-breaker" exercise of your own.

(20 minutes) **Group Process (Small Groups):** Have people break into three small groups and read one of the readings (out loud) and discuss.

(10 minutes) Group Process: Have one person from each group stand in front of the room and report what their group discussed.

(15 minutes) Dyads: Break into pairs. Each pair discusses the following questions. (It might be wise to write them on the board/flipchart.)

- What is the difference between “other” esteem and self-esteem? (Other esteem is getting validation from an outside source).
- What is a more powerful “change agent” – criticism or love?
- What are some ways you can practice self-love?

(Time Permitting) Group Discussion: What stood out in the group?

(10 minutes) Closing Process

GROUP OUTLINE

Residential Week 12: Living on Purpose

(10 Minutes) Meditation

(10 Minutes) Check-in: Everyone says their name and one thing about what it means to live on purpose.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Group Process (Reading Handout): Read out loud and discuss. (In the larger group or in smaller groups/pairs.)

(15 Minutes) Group Activity: Have each group member write two or three core false beliefs on an index card. Have each of them stand in front of the room and read the cards. Now ask them to tear the card up and throw away. (Into bowl) **IMPORTANT:** They are not processing or giving feedback/discussing. Invite them to notice how it feels when they hear people read their core false beliefs.

(15 Minutes) Group Activity: Make a list of seven people...three qualities...have participants fill out sheet. Let them know it's ok if words repeat. When they are finished filling out the sheet, ask them to circle any words that repeat. Ask them to write down the **THREE** words that repeat most often on an index card.

Teaching Point: We can only recognize traits in others if you have them in yourself.

(10 Minutes) Group Activity: Have participant make two lines facing each other. Each person will read their card to the person standing in front of them saying: My name is ____ and I AM _____. Now one person moves to the other end of the line.

(10 Minutes) Teaching Point: When we are “living on our card” (practicing the three words) we are living on purpose. (Practicing authenticity.)

Symptoms of Authenticity: Satisfaction, Fulfillment, Meaning, Harmony

Symptoms of IN-Authenticity: Frustration, Defensiveness, Conflict, Judgment

Say something like: “When we are living on our cards, we experience the symptoms of authenticity. If you find yourself feeling frustrated, getting defensive, etc. you can simply read your card and remind yourself of who and what you really are.

(5 Minutes) Closing Reading: Our Greatest Fear (Handout)

GROUP OUTLINE

O.P. Week 1: A Fresh Perspective on Addiction

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about the root causes of their addiction.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from Conscious Recovery (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Discussion/Brainstorming (Whiteboard or Flip-chart):

What is addiction?

(15 Minutes) Dyads:

Discuss how your addiction was once a brilliant strategy and answer the question: "Is it still working?"

(5 Minutes) Lecture: Handout 2

(Overview of the 12-weeks)

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 2: The Spiritual Lens

(Preface and Introduction from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about spirituality as it relates to addiction.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(5 Minutes) Group Process 1 - Four Corners:

Tape the four different quotes (on the following pages) from *Conscious Recovery* on the wall in different parts of the room. Have everyone walk around and read them. Then ask them to stand by the one that they most resonate or identify with. Once everyone has chosen their quote, they sit in small groups (based on the one they selected).

(15 Minutes) Group Process 2:

Each group spends time discussing why they choose that particular quote. (Each group chooses one person to summarize the small group discussions.)

(10 Minutes) Group Process 3:

One person from each group stands up in front of the room and “reports” the highlights from their small group discussion.

(5 Minutes) Group Discussion:

Anything left to share/discuss?

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 3: The Addicted Self

(Introduction from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about what addiction means to them.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Process 1 – Core False Beliefs (Dyads):

Have everyone choose a core false belief from the handout or think of their own. Remind them that they begin with either I AM _____ or I AM NOT _____. They then write them on an index card and discuss the following questions with their partner, using the handout.

1. Where did these beliefs originate?
2. What do you experience when you believe them?
3. What would it take to let them go?

(15 Minutes) Group Process 2 – Letting Go Process:

Each person stands in from of the room and reads their false beliefs. They then say their own version of: "I am releasing this belief", etc. Have them tear up the card and throw it away.

(5 Minutes) Group Discussion:

Anything left to share/discuss?

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 4: Unresolved Trauma

(Chapter 1 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about the connection between trauma and addiction.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Process 1 – Trauma Exercise (Brainstorming):

Simply have everyone brainstorm anything they would consider to be traumatic (whether they have experienced them or not). Once they have the list made, ask them to reflect back on their own life and ask them what traumatic experiences they endured in their own life. Now have them choose ONE of them to work with.

(15 Minutes) Group Process 2 – Dyads (Handout):

Write out and discuss with a partner the following questions:

- Are you aware of any ways in which you have locked trauma in your body?
- What emotions, pain or suffering might be stuck in there?
- What effect has that had on your addictive behavior?

(5 Minutes) Group Discussion:

Anything left to share/discuss?

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 5: Spiritual Disconnection

(Chapter 2 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about the relationship between connection and addiction.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Process 1 – Brilliant Strategies Exercise:

Simply have everyone write out their answers to the following questions using the handout:

- What coping strategies did you learn that are no longer working for you?
- What was brilliant about them at the time?
- What would it take for you to let them go?

Now, have them read through what they wrote. Set a timer for three minutes. Ask them to meditate for the three minutes on what they wrote. Sit with how the answers *feel* in their body. Instruct them to notice any thoughts, physical sensations, and emotions that show up.

(15 Minutes) Group Process 2 – Dyads:

Have them get with a partner and share what came up during the silence. (They can read each other's answers if they would like.)

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 6: Toxic Shame

(Chapter 3 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about the relationship between shame and addiction.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Dyads Process 1 – Toxic Shame Exercise: (Handout)

“Toxically shamed people tend to become more and more stagnant as life goes on. They live in a guarded, secretive, and defensive way. They try to be more than human—perfect and controlling—or less than human—losing interest in or stagnated in some addictive behavior.” Have them get with a partner and share (don’t write out) answer to these questions:

- What does this quote mean to you?
- In what ways do you relate to it?
- In what ways have you lived in guarded, secretive or defensive ways?
- Have you ever tried to cover up shame by using control in your life?

(20 Minutes) Group Process 2 – Turing it Over Practice:

Ask everyone to get a blank piece of paper make a dot in the center of the page. They then draw a large circle around the outside of the paper, and make “spokes” that connect the dot with the circle. On each of the spokes, they write something that is troubling them. This could be a person’s name, or a situation that is currently difficult for them. Once they have filled up the page, have them stand in front of the group and say: “These are the situations in my life I am ready to release. I am now choosing to let go of trying to control them.” Invite them to use their own language. Once they have read them all, ask them to tear up the paper and dispose of it.

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 7: Creating Safety

(Chapter 4 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about the importance of safety in early recovery.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(10 Minutes) Group Process 1 – What is Trust Process:

Ask participants to speak answers “into the circle” to the question: “What is Trust?” You simply ask the question, and then allow clients to share whatever comes up. I encourage you to allow for space to see what emerges. (Let them know it’s ok if there is silence or if people speak at the same time.)

(15 Minutes) Group Process 2 Dyads – Rebuilding Trust Exercise (Handout):

Have them write out their answers to the questions on the handout then share with a partner.

- In what ways do you want/need to rebuild trust with yourself?
- In what ways do you want/need to rebuild trust with others?
- How might you begin that process?

(10 Minutes) Group Process 3 – Brainstorming:

What is community? What are some ways to build community? What are some sober communities?

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 8: Unlearning

(Chapter 5 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In: Everyone states their name and says something about learning and unlearning.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No “Fixing”
- “I” Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Process Self-Parenting Exercise: Have participants close their eyes, and ask them to think of a situation from their childhood that was painful. Have them spend a few minutes in the silence, with their eyes closed, imagining the situation. Ask them to picture what was happening all around them. Invite them to *really* get in touch with the feelings and thoughts they were having at the time. Now, say: "Imagine the younger you and what they really needed, but did not get at the time. Imagine your adult-self sitting there next to your child self. Have your adult-self ask your younger self 'What are you feeling?'" Then have them say these three things to your child self: *You're safe now. It's OK to feel this way right now. I'm here for you.* You might want to repeat these three things numerous times. Notice what happens to the emotions. Now, let your inner child know that you are getting the help you need to be able to care for her/him. Notice if your inner child believes you. If not, you can repeat the three phrases again: *You're safe now. It's OK to feel this way right now. I'm here for you.* See if there is a shift. Next, let your child know that you are going to come back to present time, but will not be abandoning him/her. Spend a few moments imagining yourself comforting your inner child. Now slowly open your eyes."

(20 Minutes) Group Process 3 – Inner Critic Process (With a partner):

"Share with your partner some of the ways your inner critic speaks to you. Now think of a situation that is challenging. Describe the situation to your partner. Then have your partner "externalize" your inner voice. First, have them use some of the negative talk you shared with them. For example, they may say: "Why even bother, you never succeed anyway..." Check in and see how this feels. Sometimes, simply hearing these things said out loud rather than having them in your head can be a powerful experience. Now "shake that off" and have your partner use a gentle, more compassionate voice. They may say something like "I know this situation is challenging, but you have the strength to get through this. I believe in you..." Now, notice how that feels. Really "be with" the difference. Share with your partner how this felt. What are your insights? Note: Many times, people believe that being self-critical is productive and being gentle will not adequately motivate them. After doing this exercise, what are your thoughts?"

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 9: Spiritual Principles

(Chapter 6 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about spiritual principles and spiritual practices.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Process – Non-Resistance Exercise (Handout):

Have clients write out their answers to the questions. Think of a situation in your life that has been causing you anxiety or worry.

- What are your thoughts about it?
- What thoughts do you have about controlling the outcome?
- Are you asking yourself “what if?” or obsessing with worst case scenarios? What would it take for you to shift your thinking?

Now, ask them to sit in silence and bring their awareness to the present moment. Ask them to repeat quietly to themselves some version of the following statements:

- I am perfectly OK in this moment.
- The future has no power over me.
- I have the tools to navigate life.

(20 Minutes) Group Process - Living in the Question Activity (Dyads):

Have clients sit and face each other. Choose one of the questions below. Person A asks person B the question, and listens for an answer. Person B gives a *short* one word or one sentence answer. Without responding, person A then repeats the *same* question, and so on, for 3 minutes. (You will set a timer and let them know when to start and stop). Now, repeat but reverse the roles within the pair. (Choose a different question) Some suggested questions: What is addiction? – What is recovery? – Who are you? – What is reality?

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 10: Owning Your Power

(Chapter 7 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about forgiveness.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group (Dyads) Forgiveness Process (Handout):

Think of a situation in which you find it difficult to forgive. Now answer these questions with a partner:

- What is the story you have been telling about that situation?
- In what ways have you been attached to that story?
- Is there another way to look at it?
- Keeping that situation in mind, what happens when you let go of the idea that one story is "right?"
- Can you let go of your initial reactive story about the situation and open yourself to other possible perspectives?
- If you can, what happens when you do that?

(20 Minutes) Group Process - Forgiveness Process 2:

"Now, write a forgiveness letter regarding the situation, even if you're not sure that you are ready to forgive the person or situation. You may or may not be ready to forgive, so write it from your current perspective. (For example, you might write 'I am not ready to forgive, but I know I want to', etc.)" Now invite everyone to read their letters to the group. (Let them know it is not a requirement, but an invitation)

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 11: The Great Remembering

(Chapter 8 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about remembering the truth about themselves.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(15 Minutes) Group Process – 3 Small Groups:

Each group gets an excerpt from the chapter and discusses.
(Handouts)

(5 Minutes) Group Process:

Have one person from each group report back to the larger group.

(15 Minutes) Group Process Dyads- Shift Happens Technique (Handout):

Have clients read the paragraph on the handout and discuss.

Then they answer these questions with a partner. (Don't have them write their answers.)

- What would your life be like if you were free from "the problem of addiction?"
- What direction is your inner knowing pointing you?
- What would it take to more fully trust your inner knowing?
- How could you strengthen your openness and acceptance and allow your inner knowing to gently guide you?
- How would this change your life?

(10 Minutes) Closing Process

GROUP OUTLINE

Outpatient Week 12: Awakened Living

(Chapter 9 from *Conscious Recovery*)

(10 Minutes) Opening Meditation

(10 Minutes) Check-In:

Everyone states their name and says something about what it means to live an awakened life.

Review Shared Agreements

- One Person Speaks at a Time
- Confidentiality
- Share the Air
- No "Fixing"
- "I" Statements
- Feedback Upon Request

(15 Minutes) Small Group or Dyad Process: Handout 1

- Reading from *Conscious Recovery* (out loud)
- Small group or dyad discussion of reading

(10 Minutes) Large Group Discussion:

What stood out that wants to be shared with the whole group?

(20 Minutes) Group Process – Embracing Happiness Activity:

(This is an exercise adapted from the powerful book *How We Choose to Be Happy* authored by my friends Rick Foster and Greg Hicks.) Set a timer for four minutes. During the four minutes, make a list of everything that makes you happy. List anything that comes to mind by speedwriting. This means you write as fast as you can without stopping. Include things both large and small. Don't judge your answers. The idea here is to allow internal "stuff" to surface. When the timer sounds, stop writing immediately. Make a note of how you feel. Often, making the list will actually change your body chemistry. Many people have a feeling of lightness or exhilaration after speedwriting their list. Some feel relaxed and others may experience sadness. At this point, it doesn't matter what you've put on your list; what is important is experiencing the process of identifying what brings you happiness and how it makes you feel. Study your list.

(15 Minutes) Group Process – Dyads (Handout):

Share with your partner: How do you feel about what you've written? Surprised? Frustrated? Was it difficult for you to come up with things? Did you freeze as you wrote? How much of the list reflects who you really are? Now, ask yourself what it would take for you to create more happiness in your life.

(10 Minutes) Closing Process