

Support Group Framework

Nuts and Bolts:

Why: Step Work/Recovery Study/Support along the way

Who: Desires not to use-recovery minded. Each man's journey is his own, but needs to be on a path of recovery or positive change- addressing antisocial behavioral tendencies! That's it. {No active addicts at this time}

What: Committed to support each other in recovery & life's journey. Committed to honesty – leave the bullshit/roles/ego at the door. The idea is, we check in with each other, spend time together in meaningful ways to a point where we can be vulnerable. Goal is a lasting relationship with each other.

Where: On corner table out on our small yard, one away from 2 building. Best way to get some privacy here and now.

When: Sunday night at 7, until ?

Format: 5 Questions

1. What's the biggest issue you face in life today?
2. What work are you doing to grow?
3. Current bad trip?
4. Current good trip?
5. Needs? How can we support you?

General Guidelines:

- Each man should have at least 15 minutes to share
- Formal structure to start, then just get comfortable and let group dynamic take over
- Committed to absolute confidentiality!
- Make group attendance a #1 priority.
 - Don't feel like? Tough it out anyway
 - We show up period!

Of Note:

Suspend all judgment

If having a problem with that, share that fact

Confront bullshit

In loving way

If we feel like leaving group

Openly discuss, don't just drop the group

We don't just blow off group, were accountable to each other.

Plan special times:

Scheduled movie times

Spreads

5 K walks on sunny day

Special event participation as group

Games