

## **Twelve Step Meeting Format Emotional Sobriety**

**Hello and welcome.** This is an open meeting of the Emotional Sobriety Group of Alcoholics Anonymous. My name is \_\_\_\_\_ and I am an alcoholic and the secretary of this group. I have asked \_\_\_\_\_ to lead the meeting today.

### **Leader introduces him or herself and reads:**

*Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.*

*The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.*

*AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.*

*Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.*

*After we put the plug in the jug we face various challenges inherent in living sober. Bill Wilson identified that “absolute dependency” was an impediment to our emotional sobriety and maturity. He realized that emotional dependency on people, places and things was the source of his emotional and mental distress, in fact he identified this as his basic flaw.*

*This meeting focuses on discussing issues relating to our emotional sobriety. We come together to explore ways we can overcome our emotional dependency and the unreasonable expectations and unenforceable rules that our dependency generates.*

*Let us open the meeting with reciting the Ninth Step Promises.*

*(Ninth Step Promises are now read)*

### **Leader selects a person to read the excerpt from Bill Wilson’s article.**

\_\_\_\_\_ will now read a portion of Bill’s AA Grapevine Article called *The Next Frontier: Emotional Sobriety*.

*I think that many oldsters who have put our “booze cure” to severe but successful tests still find that they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and*

*balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.*

*Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.*

*Suddenly I realized what the matter was. My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.*

*If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.*

**Leader:**

*This is a discussion group. We ask that you limit your discussion to 4 minutes. At 3 minutes the timer will hold up the sign that indicates that you have 1 minute remaining. Please begin to wrap up your discussion at this time. At 4 minutes you will be given the stop sign. This is a tag meeting so after you share you will select the next discussant.*

*My name is \_\_\_\_\_. The topic on emotional sobriety that I have selected to discuss today is \_\_\_\_\_. (Leader shares for 4 minutes on the topic. Then chooses the next discussant.)*

When there is 10 minutes remaining in the meeting the secretary says: That is all we have time for today unless someone has a burning desire to share.

*Pass the basket(s). Secretary assumes charge of the meeting and reminds the group:*

We have no dues or fees in A.A. We are entirely self-supporting, declining outside contributions. This self-support covers the rent for this room, coffee, refreshments, contributions to our Central Office, the New York Office and to General Service.

*Close the meeting with the Serenity Prayer.*