

Finding the Right Meeting

Our Consumer and Carer Committee (CACA) recently brainstormed ideas about meetings. They asked themselves the following; 'how do you know if the meeting/s you attend are functioning healthily?' Meetings are an important part of your 'self-care' program as part of your long-term Recovery journey, and are especially important in early Recovery.

As a result we have collated the following to provide guidance for those in Recovery (early or otherwise) to check-in around their meetings and to help evaluate if the meeting you are attending is healthy, safe and appropriate.



- ☐ Are appropriate boundaries being exercised in the meeting?
- ☐ Is the language respectful?
- ☐ Are the meeting times / schedule working within your life? Is it impacting your family time? If so, are there other meetings running at different times that would better suit?
- ☐ Are the stories shared helpful to your Recovery?
- ☐ Has there been any shaming behaviour at this meeting?
- ☐ Do you feel a sense of belonging in this meeting?
- ☐ Does this meeting give you hope?
- ☐ Do you feel comfortable to share in this meeting?
- ☐ Do you trust that your confidentiality is being respected?
- ☐ Does this meeting help you to feel grounded and connected?
- ☐ Are there any personalities in the meeting who have made you feel unsafe?
- ☐ Is there anything about this meeting that makes you feel uneasy?
- ☐ Is the culture of this meeting open and inclusive?
- ☐ Do you feel welcome?
- ☐ Does the room feel inviting and safe?
- ☐ Are you getting what you need from this meeting and if not, what might that be?
- ☐ Was your experience of this meeting an affirming experience?
- ☐ Are you seeking out the company of those in longer-term Recovery than yourself?
- ☐ Are you being mindful of who you hang out with at these meetings?
- ☐ Does the meeting content or script talk about working the steps and finding a sponsor?

If you have a negative experience at a meeting, don't give up on meetings or your Recovery! It can be hard in early Recovery to find the right meeting and we support you to keep going, one day at a time, and find a new meeting. Meetings are available all over Sydney and Australia and there is always another option to get the support you deserve.

Alcoholics Anonymous:
www.aameetings.org.au

Narcotics Anonymous:
www.na.org.au/multi/meetings

Gamblers Anonymous:
www.gaaustralia.org.au

Sex Addicts Anonymous:
www.saa-recovery.org/Meetings/OtherCountries/meeting.php?country=Australia

CoDa Australia:
www.ozcoda.webs.com