

## **ANNEX 1: Instructions for Chairperson of Self-Help Group Meeting (60 min)**

### **1. Introduce yourself (1 min).**

- Hi. My name is \_\_\_\_\_ and I'm an addict.
- Welcome to the NA Meeting here at \_\_\_\_\_.

### **2. Have all the members introduce themselves (2 min).**

- Hi. My name is \_\_\_\_\_ and I'm an addict.

### **3. Read the Serenity Prayer (1 min).**

- Can we please have a moment of silence followed by the Serenity Prayer?

*God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.*

### **4. Ask members to read aloud the following sheets in the Meeting Kit in turn (5 min).**

- Who is an Addict? (Sino ang Adik?)
- What is NA? (Ano ang Programa ng N.A.?)
- Why are we here? (Bakit tayo Naririto?)
- How it Works (Paano Ito Magagawa)
- 12 Traditions (Ang Labingdalawang Tradisyon ng N.A.)

### **5. Explain principles and rules of the meeting (2 min).**

- Before we begin there are a few things that we ask:
  - Give the speaker the same respect you would want if and when you get the opportunity to speak at a meeting;
  - Identify with (his/her) feelings and not compare (his/her) story with yours. (He/She) may not have used like you did but the feelings are the same.
  - Keep an "atmosphere of recovery." After the speaker shares, we will open the floor for you to have the opportunity to share freely.

### **6. Read one of the 12 Steps selected as today's topic (1 min).**

### **7. Allow members to share their stories and thoughts related to today's topic (45 min).**

### **8. When time is up, ask members to read aloud the following sheets in the Meeting Kit in turn (2 min).**

- We do Recover (Tayo ay Gumagaling)
- Just for Today (Para sa araw na ito)

### **9. Close the meeting with the Serenity Prayer (1 min).**

- Can we please have a moment of silence followed by the Serenity Prayer?

*God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.*