

## Centered Recovery Meetings

All inclusive.

Human Connection.

Personal Growth.

Deep Understanding  
of Addiction  
and Life Itself.

[CenteredRecovery.org](http://CenteredRecovery.org)



# CENTERED

RECOVERY MEETING

Free Mindfulness Based  
Support Meeting Guide

## Guidelines for Your Centered Recovery Meeting

**Cleanse the Palette (5 mins):** Take a few moments to allow the group to settle. Feel free to share anything on the top of your mind to allow you to move forward in exploration.

**Introduction to Dialogue (5 mins):** Facilitator should read aloud the Group Guidelines, as well as the “Solution Focused” subject material to remind the group of how the meeting should flow and set the stage for the evening’s dialogue.

**Silent Reflection (5 mins):** Allow a few minutes for the group to reflect on the subject at hand and set the tone for the dialogue, which should be focused upstream of “content” (what you did, what you saw, who you interacted with) into where all experience is created.

**Solution-Focused Sharing (40 mins):** Led by the Facilitator to provide general direction towards a productive meeting, however, all participants are equal in this discussion and no one is an expert or authority over another. Facilitator can gently guide the discussion back on track if a participant begins focusing or sharing more “content” rather than exploring beyond that content.

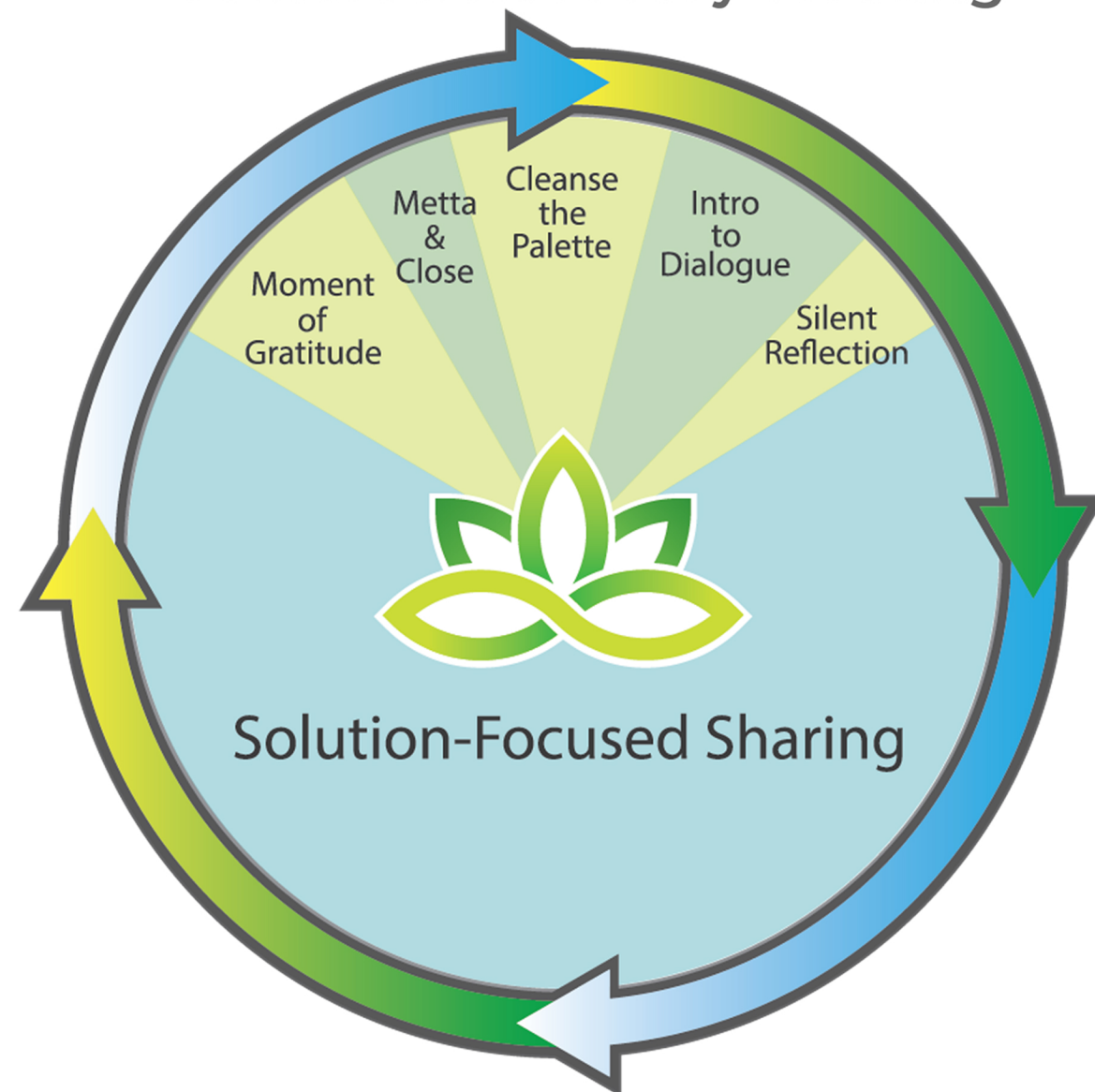
**Verbal Moment of Gratitude (5 mins):** Facilitator may begin this segment of the meeting using the scripted Gratitude statement, share their own, or allow another group member to begin. This is an opportunity to notice things that are typically taken for granted, both in and out of the meeting space.

**Metta & Close:** Facilitator may use the script, share their own, or allow a group member to lead.



**CENTERED**  
RECOVERY

## Centered Recovery Meeting



Centered Recovery Meetings are open to the public with no registration required and there is no cost to attend. Meeting times and spaces are posted by volunteer facilitators, and may be subject to change. Please contact the volunteer facilitator to confirm the location and time.





# Group Guidelines

## Why should my group sit in a circle?

In a circle, no member is seen as being the “head” of the group, and all members can freely share with one another.

## Why do we discourage “content” in our group discussion?

Everyone has stories, and all of them are important to that person. However, focusing solely on content of one’s day, week, or lives does not often allow for growth because it keeps us focused in the past. We want to provide a non-judgmental space for exploration and growth without losing ourselves to things in our past. This group is not meant for entertainment, so we request that you attend with a mindset of seriousness to allow for the most growth and insight.

## Why close with a Metta?

After verbalizing what you are grateful for, closing with a short Metta allows you to extend that gratitude beyond personal items and into the sensation of being grateful to even be alive.

In consideration of others, please notice when there is resistance to the opinion of another person, and be willing to maturely suspend the reflex to react. This is the first step towards awareness.

## Introduction to Dialogue

This group is an exploration of relaxed, non-judgmental curiosity into the nature of addiction (and other destructive behaviors), in an effort to see things as freshly and clearly as possible, to allow for growth beyond addiction and habits which are unhealthy for our bodies, mind, or spirits. Therefore, we ask that you reflect on the general topic for this session in an effort to see beyond the surface. While the group may move into another topic if desired, the intent of the group should still remain directed towards reflection and exploration of what the topic means and what is real, rather than any “war stories” of experiences from the past. The group should approach the topics with curiosity and without conclusions, in order to help the group find lasting insights and solutions.

Please watch the videos on  
[www.centeredrecovery.org](http://www.centeredrecovery.org)  
before attending your first group!

## Metta

May I be filled with lovingkindness.  
May I be safe from inner and outer dangers.

May I be well in body and mind.  
May I be at ease and happy.

May you be filled with lovingkindness.  
May you be safe from inner and outer dangers.

May you be well in body and mind.  
May you be at ease and happy.

## **Verbal Moment of Gratitude**

I am aware of the things around me,  
and for these, I am grateful.

I am aware of the love and support of  
my family or friends, and for this,  
I am grateful.

I am aware of my unlimited capacity to  
think and create, and for this,  
I am grateful.

I am aware that every moment is a  
fresh start, and for this,  
I am grateful.

**Make any notes here**