

Relapse Prevention Group Format

1. Opening Check-in (keep under 2 minutes)

- Introduce yourself to the group
- State your clean time, number of meetings from the past 7 days, and if you have a sponsor. What step are you presently working?
- "I am feeling _____ right now". State your current *emotion*. Good, bad, OK, fine, well, better, great and cool are **NOT** emotions. *You do not need to explain your feelings.*
- List a recent reframe. Keep to 2 sentences.

2. Reactions: What I got out of the Last Group (keep under 2 minutes)

- "What I thought about the last group session was _____"
- "One feeling that I experienced in the last group session was _____"
- "One person who really stood out for me last week was _____"

3. Report on Assignments

- What was your assignment?
- Did you complete this assignment?
- Describe the outcome.

4. Setting your own Direction (keep under 2 minutes)

- "My biggest concern/frustration/stressor today is _____."
- "The recovery issue I need to work on in group today is _____."

5. Consolidation of Group Need, Education, and Support: Group Process

- Processing of Common Themes
- Information Dissemination of Topic at Hand
- Interactive Support and Teambuilding

6. Closing Check-out

- Are you leaving the group:

Enlightened

Indifferent?

Satisfied?

Dissatisfied?

Satisfied and
yearning for
more?