

Welcome to BuiLD

Balanced Life Development is there to assist me as I look to reduce an **Unhelpful Addictive Behaviour** - Alcohol, Drugs, Gambling, Smoking, Internet, Overeating, etc.

Unhelpful Addictive Behaviour might be defined as “**persisting with a behaviour despite an adverse consequence and at the expense of a thing I would say that I value.**”

There is a **great deal of scientific support** for the notion that **my Unhelpful Addictive Behaviour** might be my **VERY common HUMAN biological response** to my environment or my experience.

Moving away from my **unhelpful addictive behaviour**, whilst far from easy, has been shown to be **most definitely POSSIBLE**.

BuiLD

Whilst BuiLD uses an “**Abstinence-Today**” **type discussion and peer support** – I might have **ANY GOAL I choose** in my life that I feel might work for me. I am very welcome to have ‘moderation’ as a goal, however it won’t be discussed in a meeting.

BuiLD gives me **access to a tool, technique or mindset I might choose to use** to live a fuller life - with **greater freedom from my very HUMAN unhelpful addictive behaviour**.

BuiLD seeks to support me as I build a **fuller life of my own active choice**.

BuiLD is a **Self-Help** meeting for me as I seek group support to achieve **greater freedom from my unhelpful addictive behaviour**.

BuiLD includes me regardless of my religious faith – or even if I have none. **Meetings are asked to be free of religious observances or utterances**.

BuiLD seeks to support me as I **work on my own personal plan and any challenge**, in a way that I find works for me. **BuiLD** requires no particular “thing” or practice. **It probably might be an idea for me to do a thing I find helpful, a little more often**.

Rather than being required to label myself as an “alcoholic” or “addict,” I am encouraged to **refrain from labelling myself or another**, in and out of the meeting.

In the meeting people usually sit in a circle, or around a table.

The meeting facilitator might ask “**How Was Your Week?**”

If I want to, I **might take my turn to talk about what has been going on in my life since the last meeting**, and what might lie ahead for me in **the coming week**. The focus is on a **current event and a current challenge in my life** – a **current issue** I might wish to talk about.

I am required to be COMPLETELY clean and sober to participate in the meeting.

I am free to attend if I am not sober and simply listen.

A BuiLD meeting encourages cross-talk - question, comment, and other feedback.

I am asked however **to avoid** an extended “war story” or anecdote about my past.

I am asked to speak from the “I” - rather than “you” or “we” – in that way lessening the likelihood of “giving advice.”

It has OFTEN been demonstrated that **being free to CHOOSE what I want to work with, and how**, has a much better outcome for me.

I am asked to be respectful of another personal support approach.

A goal might be to keep the meeting **civil, positive, and helpful.**

A meeting is strictly confidential. I might disclose what I learn here – rather than **who else was present or what they said.**

I am asked to **“stay on topic”** during a discussion.

Whilst participation is free, a “hat” is passed to defray expenses.

www.bld.org.au

PEER Support – TUESDAY 7:00pm – 8:30pm

The Bridge Darebin – Preston Neighbourhood House

The Annexe – Rear - 220 High Street, PRESTON VIC 3072

FAMILY or FRIEND – SUNDAY 8:00pm – 9:30pm

ZOOM ONLINE – Meeting ID - 418-088-835

Phone Hugh - 0402 400 761

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