

GET OUT OF STUCK

Introduction

Welcome to the Get Out Of Stuck meeting. My name is _____ (first name).

This meeting is for people who are stuck in a problem that prevents them from getting a better life. Some of us in this meeting have time in recovery, but are not advancing because of persistent bad habits or old patterns of behavior.

The premise of this meeting is that it is normal for people to advance and grow. If we are blocked by dysfunctional behaviors or by external situations, that leads to stagnation, or even retreating from life.

This is a problem-solving meeting. Our basic saying is, "Out of the problem and into the solution." We do not focus on our personal past. Instead we share about the future. So this meeting is not therapy, it is not spiritual. It is a recovery meeting. It contains some life coach principles. We avoid victimology, theories, and diagnostic labels. We do not have open sharing, the sharing is in a format of describing a chronic problem and how to work on the solution.

The second premise of this meeting is that it helps to talk things out. By sharing, we often see the situation in a new way. This can lead to a new willingness to get out of stuck.

Problem solving happens in stages. By sharing, we get a better idea which stage we are in. Stages go from (1) Describing your stuck problem, (2) Describing what life would be like if this problem was solved, and making that the goal. (3) Describing any blocks to getting to the goal. (4) Figuring out ways through the blocks.

This meeting has two rounds of sharing. The first round of sharing covers the first two stages. The second round of sharing covers the last two stages.

At the end of the meeting, 15 mins is left for people who may want feedback.

We believe each person's idea of their problem is true. We do not give advice except by the special format in the feedback section of the meeting.

Now will the person asked please read the handout titled "What Problem."

We now begin the First round of sharing: (Read all the following out loud before start sharing)

We have a timer for sharing. Each person has _____ mins for your share.

You don't have to share. For the **first share** we use the following format. Describe your problem you are stuck in, then, describe What it would be like if your problem is resolved.

We do not clap or give applause at this meeting.

(Start the sharing.)

(Go until everyone has shared who wants to, then:)

Thank you. Now will the person asked please read the handout titled "Blocks"
Again, the premise of this meeting is that its normal for people to advance and grow. Sometimes we get stuck.

Second round of sharing: (Also min per person).

In this second round of sharing, please describe your block. Then describe any ways you can get through your block.

(Complete the sharing) (At 15 min before closing:)

In summary, there's a sequence from (1) describing the stuck problem (2) describing what it would be like if the problem was solved, and making that your goal (3) describing your blocks (4) describing your actions to get through the blocks

So you can see how far along the sequence you are, and what comes next.

(at 15 mins before the end).Feedback section. Read all of this out loud:

This is the optional feedback section. If you want feedback, raise your hand. This is the format. The person raising their hand will briefly summarize their stuck problem again. **People can only give feedback if they have had that problem and actually solved that problem for themselves.** Then can you give feedback how

you solved the problem.. Please do not give feedback if you have not solved that problem for yourself.

(Go until time to close)

Setting goals and achieving them raises self-confidence.

If we want to keep going toward a goal, it is helpful to have accountability. Would the person asked please read "Accountability."

End. Thank you, that is all the time we have this evening. We welcome you to come back to the next meeting. This meeting is free, but we have a basket if you can donate some dollars at the end of the meeting towards our rent.

Please feed the basket if you haven't already done so.