

## What You Can Expect at a Recovery Inc. Meeting

- What You Can Expect at a Recovery International (RI) Meeting
- Meetings will start and end on time.
- Please turn off your cell phone, pager or other communication device.
- Meetings are facilitated by volunteer leaders trained to demonstrate the Recovery International Method.
- A Recovery International meeting is a safe place to share. All personal information disclosed during meetings is held in strict confidence.
- All Recovery International meetings follow a standard, structured format.
- Written information will be distributed to help you understand and participate during the meeting. Additional RI literature, membership information and materials will also be available.
- You may take notes on RI tools and principles during any portion of the meeting EXCEPT during the giving of an example.
- We encourage you to sit with the group and to participate. Until you are ready to participate, simply say “I pass”.
- We listen quietly and respectfully when others are reading and speaking.
- We do not use offensive language.
- We don't offer advice, criticize, judge, analyze or make negative comments.
- We keep comments and spotting tools brief in order to have time for all to participate.
- You will have an opportunity to ask questions or make comments.
- We don't discuss politics, sex, religion, or legal issues in our meetings.
- We are not mental health experts or trained professionals. We are people who practice the RI self-help techniques. We don't diagnose, comment or advise on diagnoses, treatment plans or your medications.
- Drinking any non-alcoholic beverage is permitted during a meeting but eating is restricted to the Mutual Aid portion of the meeting.

Thanks for coming and we encourage you to come again.  
If you have questions, comments or concerns call: