

DUAL RECOVERY ANONYMOUS

MEETING FORMAT

for Zoom



Opening

DUAL RECOVERY ANONYMOUS is a Twelve-Step self-help program for individuals who experience both chemical dependency and an emotional or psychiatric illness. Those who currently use psychiatric medications under a doctor's care, or who have done so in the past, are welcome to participate.

Welcome to the “(fill in meeting name)” meeting of Dual Recovery Anonymous. This meeting is open to DRA members and to other individuals who are concerned about their personal recovery. My name is _____, and I am in dual recovery. Will you join me for a moment of silence, followed by “The Serenity Prayer?”

*Grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*



WOULD SOMEONE LIKE TO READ “THE PREAMBLE?”

Please scroll to the next page...

The Preamble Of Dual Recovery Anonymous

DRA is an independent, self-help organization. Our goal is to help those who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders.

DRA has two requirements for membership; a desire to stop using alcohol and other intoxicating drugs and a desire to manage our emotional or psychiatric illness in a healthy and constructive way.

DRA is a nonprofessional self-help program. There must always be a clear boundary separating the work of DRA from the work of chemical dependency and mental health professionals. The DRA fellowship has no opinion on matters of diagnosis, treatment, medication, or other issues related to the health-care professions.

The DRA fellowship is not affiliated with any other self-help organization or Twelve-Step program.

DRA has no opinion on the way other groups address the problems of dual disorders and dual recovery. We do not criticize the efforts of others.

The Massachusetts Clubhouse Coalition will offer support to those who wish to start DRA meetings and who wish to work with other groups to carry the message.

Announcements

Are there any DRA related announcements?

Introductions

Shall we take this time to introduce ourselves? Some of us are comfortable using the following introduction: My name is _____ and I am in dual recovery. But there is no official introduction. Feel free to find a way of introducing yourself that you are comfortable with.



WOULD SOMEONE LIKE TO READ "ACCEPTING DIFFERENCES?"

Accepting Differences

Newcomers and visitors may ask, "Can a DRA program help me even with the type of symptoms that I have?" Such feelings are not uncommon.

We need to help newcomers recognize that a variety of symptoms are possible with a dual illness. There is no single type of dual disorder. We do share a common bond as people who are affected by different types of "no-fault" illnesses whose symptoms can disrupt our ability to function and relate to others effectively.

Some of us feared that we were becoming hopelessly impaired. We came to believe that we would never be "normal" again. Many of us experienced great shame and guilt. We believed that our emotional or psychiatric illness and chemical dependency were our fault.

Some of us have become secretive. We tried to keep our drinking and drug use a secret, and later some of us felt a need to keep our recovery and Steps a secret. We also felt our psychiatric illness must be kept secret, especially if our recovery program included prescription medication.

We seemed to run out of ways to protect our feelings and self-esteem, and to protect ourselves from the attitudes of those around us. Many of us gradually went into a closet of denial. If there are any among us who have felt as though they were living in that closet, we welcome you.

We want you to know that the fear, isolation, and secrecy no longer need be a part of your life!



WOULD SOMEONE LIKE TO READ "GETTING STARTED IN DUAL RECOVERY?"

GETTING STARTED IN DUAL RECOVERY

The DRA approach to dual recovery is based on a simple set of ideas and Steps. They are suggestions for recovery rather than a set of rules. They encourage us to find our own personal recovery, the one that is most meaningful. They are meant to support those of us who wish to bring a spiritual dimension to our dual recovery.

The DRA program is worked on a day-by-day basis. Here are the suggestions for dual recovery:

- ❖ Today, I will be free of alcohol and other intoxicating drugs.
- ❖ Today, I will follow a healthy plan to manage my emotional or psychiatric illness.
- ❖ Today, I will practice the Twelve Steps.

THE TWELVE STEPS OF DUAL RECOVERY ANONYMOUS

1. We admitted we were powerless over our dual illness of chemical dependency and emotional or psychiatric illness—that our lives had become unmanageable.
2. Came to believe that a Higher Power of our understanding could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power, to help us to rebuild our lives in a positive and caring way.
4. Made a searching and fearless personal inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being, the exact nature of our liabilities and our assets.
6. Were entirely ready to have our Higher Power remove all our liabilities.

7. Humbly asked our Higher Power to remove these liabilities and to help us to strengthen our assets for recovery.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when wrong promptly admitted it, while continuing to recognize our progress in dual recovery.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others who experience dual disorders and to practice these principles in all our affairs.

ROUNDTABLE DISCUSSION or STEP MEETING:

This is an open meeting where we can discuss the Steps and matters of personal recovery. If you would like to share, please raise your virtual hand and if you do not wish to share, simply say "pass."

CLOSING

Tradition Twelve reminds us of our need for anonymity. Who you see here, what you hear, here; let it stay here. (*Hear, hear!*)

Would all who would, join me in "The Serenity Prayer?"

*Grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*

**Based on the original Dual Recovery Anonymous Meeting Format by Tim Hamilton*