



# DELAWARE PEER ADVOCACY PROGRAM

**FIRM  
FOUNDATION  
RECOVERY**

**PEER ADVOCACY**

**MEETING FORMAT**

(Opening 5 minutes)

Welcome to the Peer Advocacy meeting at \_\_\_\_\_. My name is \_\_\_\_\_ and I am your trusted servant for tonight's meeting.

Peer Advocacy was initiated by Firm Foundation Recovery in the Spring of 2020. Its purpose is to unite Delaware fellowships to serve those in treatment settings. We advocate for continued surrender to the recovery process through shared experiences. Panel members will share briefly on a simple topic related to admitting our powerlessness and coming to believe in a power greater than ourselves. We always keep an honest hand extended to anyone seeking recovery. Please feel free to ask questions at any time during the meeting and pickup contact information and resources from the table. We will all introduce ourselves by first name and please mention how long you have been in this facility.

(Panel will share for a total of 15-20 minutes)

Tonight's topic will be \_\_\_\_\_

(Group share time 30-35 minutes)

We will now go around the room and everyone will share their name, how long they have been in this facility, what they plan to do when they leave here, and anything else related to recovery

Closing

This Fellowship of \_\_\_\_\_ is intended to compliment other Twelve Step Recovery Groups. You are encouraged to attend other groups during your time in treatment, when you leave this facility, and on your journey of recovery.

We will take brief prayer requests as we prepare to pray. Will all who care to, stand and join me in our closing prayer followed by the Lord's Prayer.

## Peer Advocacy

### NA Topics

When we admit our powerlessness and our inability to manage our own lives, we open the door to recovery ~NA basic text pg. 19-20 (**Honesty**) (**Self Deception**)

We reached a point where we could no longer continue using because of physical, mental, and spiritual pain. When we were beaten, we became willing. ~NA basic text pg. 20 (**Rock Bottom/Willingness**)

We are powerless not only over drugs, but over our addiction as well. We need to admit this fact in order to recover. Addiction is a physical, mental, and spiritual disease that affects every area of our lives. ~NA basic text pg. 20 (**What we suffer from**)

Reservations rob us of the benefits that this program has to offer. In ridding ourselves of all reservations, we surrender. ~NA basic text pg. 21 (**Reservation**)

Becoming employed, socially acceptable, and reunited with our families does not make our lives manageable. Social acceptability does not equal recovery ~NA basic text pg. 22 (**Avoiding ourselves**)

When we admit our powerlessness and inability to manage our own lives, we open the door for a power greater than ourselves to help us. ~NA basic text pg. 23 (**Accepting help**)

Even when we admitted that we needed help with our drug problem, many of us would not admit to the need for faith and sanity. ~NA basic text pg. 24 (**Denial**)

In this program, the first thing we do is stop using drugs at this point, we begin to feel the pain of living without drugs or anything to replace them. The pain forces us to seek a power greater than ourselves. ~NA basic text pg. 24 (**Love**)

Our understanding of a higher power is up to us. No one is going to decide for us. We can call it God. The only suggested guidelines are that this power be loving, caring, and greater than ourselves. ~NA basic text pg. 24 (**Hope**)

## AA Topics

Some of us have taken very hard knocks to learn this truth. Job or no job, wife or no wife, we simply do not stop drinking. So long as we place dependence upon other people ahead of dependence of God. ~ Big Book pg.98, working with others. **(What we really suffer from)**

Selfishness, self-centeredness! That, we think is the root of our troubles. Driven by a hundred forms of fear, self-seeking, self-delusion, and self-pity, we step on the toes of our fellows and they retaliate. ~Big Book pg. 63, how it works. **(Denial)**

This is the how and why of it. First, we had to quit playing God. It didn't work. ~Big Book pg. 60, how it works. **(Powerless)**

The first requirement is that we be convinced that any life run on self-will can barely be a success. ~Big Book pg.60, how it works. **(Self Will)**

Lack of power, that was our dilemma, we had to find a power by which we could live and it had to be a power greater than ourselves. ~Big Book pg.45, We Agnostics **(Hope)**

We have tried every imaginable remedy. In some instances, there has been brief recovery followed always by a worse relapse. ~Big Book pg. 31, more about alcoholism **(Honesty)**

As we felt a new power flow in, we discovered we could face life successfully as we became conscious of His presence and begin to lose our fear of today, tomorrow, or hereafter, we were reborn! ~Big Book pg. 63, how it works. **(Love)**

## Celebrate Recovery Topics

Before we can take the first step of our recovery, we must first face and admit our denial. God tells us “You can’t heal a wound by saying it’s not there”. ~ Jeremiah 6:14. CR participants guide 1, pg. 17 **(Denial)**

Realize I’m not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. “Happy are those who know they are spiritually poor” ~Matthew 5:3. CR participants guide 1, pg. 23 **(Powerlessness)**

“Anyone who comes to God must believe that He exists and that he rewards those who earnestly seek him” ~Hebrews 11:6

In the first principle, we admitted we were powerless. Now in the second principle, we come to believe God exists, that we are important to Him, and that we can receive God’s power to help us recover. It’s in the second step we find hope! ~CR participants guide 1, pg. 32 **(Hope)**

Insanity has been described as “doing the same thing over and over again, expecting different results each time. Sanity has been defined as “wholeness of mind, making decisions based on truth”. ~CR participants guide 1, pg. 37 **(Sanity)**

## **Christian 12 Step Topics**

WE have done this to OURSELVES. We took control to protect ourselves, but results have frequently ended in chaos. And now, we don't want to give up control and release ourselves from the torment. ~The 12 steps for Christians pg. 23 (**Rock Bottom**)

Often, our troubled background has caused us to lose touch with God and ourselves. Our lives are full of unwelcome behaviors and overwhelming emotions. ~The 12 steps for Christians pg.25 (**Powerlessness**)

Our spirits are born anew, but since we have a lifetime of habits and wounds, we need more than salvation. We need transformation-the hard work of change. To over spiritualize the initial work of salvation may be to deny the actual condition of our lives. ~ The 12 steps for Christians pg. 25 (**Denial**)

We don't know where we fit in. We continue to allow our worth and self-esteem to be determined by what we do and what others think of us, and not who we are in Christ. ~The 12 steps for Christians pg. 26 (**Avoiding ourselves**)

The first part is the admission that we have obsessive traits. Those traits appear in the way we try to manipulate the affairs of our lives to ease the inner pain of separation from God. The 12 steps for Christians pg. 27 (**Honesty**)

We must remember that our damaging traits, habits, and behaviors are a part of us. They are unconscious reactions to the stresses of life. As we notice self-defeating behaviors and reactions surface, we can admit our powerlessness and seek God's help. ~The 12 steps for Christians pg. 25 (**Self- will**)

Although it is tempting to think so, outside adjustments cannot correct inside problems. Extraordinary healing requires surrendering the belief that we can heal our lives by manipulating our environment. ~The 12 steps for Christians pg.31 (**Surrender**)

If I am powerless and cannot manage my life, who can? God can! God begins to show us his ability by putting a simple seed of faith in our hearts. ~The 12 steps for Christians pg.36 (**Hope**)

I pray for an open mind so I may come to believe in a power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore. ~The 12 steps for Christians pg.36 (**Sanity**)

We still may be harboring childhood anger at God because he often disappointed us. Due to the severity of our experiences, some of us rejected God because did not relieve of our pain. ~The 12 steps for Christians pg. 37 (**What we really suffer from**)

It may seem unrealistic to place our faith in a power we cannot see or touch. Yet the very existence of our universe in all its glory gives ample evidence of the true power, love, and majesty of the God we seek. ~The 12 steps for Christians pg. 39 (**Love**)

When we attempt to do it alone, we often deceive ourselves by looking to outside sources for the causes of our problems. With the help of Christ, these deceitful behaviors can be healed from the inside out. ~The 12 steps for Christians pg.42 (**Accepting help**)