

“ENFORCE THE GUIDELINES”

Codependency Group

Small Group Meeting Leader Guidelines

(The group leader needs to read to the group everything in bold print)

1. **Good evening. Welcome to the Friday night recovery meeting for codependency. My name is _____ and I am a believer who struggles with _____.**
(Leader reminds group to please turn off all cell phones.)
2. Opening Prayer (option, short version of serenity prayer) Keep it simple.
3. Introductions. **Let's take a minute to introduce ourselves. Please keep it simple. There will be an open share time later in the meeting. I'll begin, and we'll go around the room. My name is _____; I'm a believer that struggles with _____.**
4. **This is a participation meeting and we encourage everyone to share. No one is obligated. If you do NOT want to share, please indicate that by saying; "pass" when it is your turn to share.**
5. **Let's go over our group guidelines. These guidelines are designed to keep the group safe. Please listen carefully and honor these guidelines throughout the meeting.** (Leader reads guidelines.)
6. Leader's Focus. Read through lesson acrostics from large group teaching then present the topic question(s). (Testimony topic: What part of the testimony touched you the most?)
7. **It is NOT "required" that a person share only on a specific topic.**
8. Group discussion and open sharing. **Who would like to respond to the focus question(s) first, then we will have open share?**
9. Present Chips. **In this group, we like to celebrate various lengths of sobriety with "Chips". What is sobriety for codependency? Unlike other issues such as chemical addiction, sobriety for codependency can be difficult to define. We have defined it this way. Sobriety means I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.**

These chips are as follows, 30-60-90 day, 6 month, 9 month, and yearly chips. The yearly chips are normally given out in the large group meeting the last Friday of each month. We also have a desire chip available each week for anyone desiring to make a commitment to sobriety in any of these areas. Is there anyone here tonight who would like to celebrate by receiving a chip for any of these lengths of sobriety?
10. **Thank you for being here tonight. We also welcome you to join us each Friday night from 9:00 p.m. until 10:00 p.m. in the Lighthouse Café for desserts, coffee and continued sharing.**
11. Close in Prayer.