

**Tell your story by
answering the
questions below:**

- In what way were the changes worth it?
- How is your life now?
- In what ways were the changes difficult?
- How did you meet the challenge?
- How did your support group help you do this?

Guide for a NON-A.A. Talk

District 16C and 16D



**For More Information
Please go to
www.gwinnettaa.org**

Guidelines for Non-A.A. Talks

- 1. Identify yourself as an alcoholic** (first name only, usually)
- 2. State clearly the purpose of your visit**
 - Indicate that you were invited here and that are not being paid to do this. You are not a professional, yet you have experience as an alcoholic
 - Indicate that you do not speak for the entire fellowship of Alcoholics Anonymous, and opinions expressed are based on your own individual experience as a recovering alcoholic.
- 3. What is A.A.?** Go over the Preamble, sentence by sentence.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. (Traditions 1 & 5).

The only requirement for membership is a desire to stop drinking. (Tradition 3).

Explain singleness of purpose. We deal only with alcoholism, and there are other fellowships available such as OA, NA, and CA.

There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. (Tradition 7).

Explain how we do not solicit contributions from the government or from other companies. If we did, we would lose our identity. There are no membership cards to fill out. You are a member when you say you are.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any public controversy, neither endorses or opposes any causes. (Traditions 6 & 10).

Our primary purpose is to stay sober and help other alcoholics achieve sobriety. (Tradition 5).

- 4. Touch on Anonymity.** How it effects you personally.
 - When you go to meetings, you do not have to worry about your boss or your neighbors knowing. What is said in A.A meetings stays in A.A. meetings.
 - Explain how if the media knew a famous foot ball player was in A.A. and he relapsed that everyone would think it was because of A.A.
 - We are a fellowship of peers with no one spokesperson of A.A. We learn to do things without expecting credit or recognition. Our message is a program of recovery, not the people in the program.
- 5. Explain the 12 Steps**
 - Experience has shows that it is best to say little about the steps. Touch lightly on the God/Spirituality aspect of the program.
 - Share only Steps 1 and 12.
- 6. Explain about different types of meetings**
 - Closed Meetings
 - Open Meetings
 - Open Speaker Meetings—strongly suggest that you go to these first
 - Explain how if you have to get a court or treatment card/sheet signed that the group has a right not to sign it. If that happens, then go to another meeting.
- 7. Tell your story by answering the questions below:**
 - In what ways were the changes worth it?
 - How is your life now?
 - In what ways were the changes difficult?
 - How did you meet the challenge?
 - How did your support group help you do this?
- 8. If the class is out of questions, read and answer these questions:**
 - What would you say is the greatest gift of recovery?
 - What have you learned that works to handle cravings?
 - How long did it take you to stop craving alcohol or drugs?
 - What if someone says, “I can’t imagine the rest of my life not drinking or using?” How would you respond?
 - What led you to decide you had alcoholism or addiction?
 - Do you still hang out with old friends who still use, and if so, how do you make that work?
 - Why do you still go to meetings?
 - What is a sponsor? What is the role of a sponsor?
 - How have your family relationships changed since getting into recovery?
 - What do you do for fun?
 - What happens in a meeting?
 - What is the biggest benefit you have personally experienced in being in a 12-step group?
 - What does the statement “12-step programs are spiritual but not religious” mean?
 - How do 12-step meetings work for people who do not believe in God?