

Basic Recovery Agenda

Four Sessions with Three Breakouts

One Day Format (with Lunch Included)

Session One: Steps 1, 2 and 3 (45 minutes)

10:00 am–10:45 am

Breakout Number One (30 minutes)

10:45 am–11:15 am (Meet Your Sharing Partner and Discuss Your Surrender)

Session Two: Step 4 and Setup Step 5 (45 minutes)

11:15 am–12:00 pm

Breakout Number Two (75 minutes)

12:00 pm–01:15 pm (Lunch and Take Step 5 with Your Sharing Partner)

Session Three: Take Steps 6 and 7 and Setup Steps 8 and 9 (45 minutes)

01:15 pm–02:00 pm

Breakout Number Three (45 minutes)

02:00 pm–02:45 pm (Take Steps 8 and 9 with Your Sharing Partner)

Session Four: Steps 10, 11 and 12 (60 minutes)

02:45 pm–03:45 pm (Including a Five Minute Quiet Time to Practice Step Eleven)

(5 ³/₄ hours total, including three breakout sessions)