

HELP Program: Meeting Summary Paragraph

Please write a paragraph summarizing your experience in this 12 step meeting. The first sentence should be the discussion topic of the meeting. Then write four additional sentences of how the meeting added to your recovery. Focus on your experience, reactions, and recovery in the summary.

Please follow the 12th tradition and respect the anonymity of your fellow meeting members. This means do not mention specific names in your summary. Write in general terms like, "Someone shared about struggling with using and I identified with them."

Name: _____ Date/Time: _____ Phase: _____
Group Name: _____ Chairperson Signature: _____

Name: _____ Date/Time: _____ Phase: _____
Group Name: _____ Chairperson Signature: _____
