

Member Stories Writing Workshop

Suggested Script

Hi, everyone. I'm a very grateful member of the international program of A.R.T.S. Anonymous, which stands for Artists Recovering through the Twelve Steps.

My name is _____. I'm _____. It is my pleasure to lead this writing workshop for members who would like to write their personal story about recovery in the A.R.T.S. program.

This writing workshop is sponsored by The Member's Story Sub-Literature Committee. Today the writing workshop is facilitated by _____ of A.R.T.S. All members who participate in the writing workshop today are welcome to submit their story for consideration and possible publication by A.R.T.S. Anonymous.

The purpose of this workshop is to invite members to write their personal A.R.T.S. recovery stories. The results of this workshop can help members share their personal recovery stories in A.R.T.S. meetings or as public outreach messages.

This workshop might also lead to the development of new A.R.T.S. program literature, if members decide to release their stories for future use by A.R.T.S. Anonymous. It is completely up to each member to decide what they want to do with their story.

There are two very important challenges for people who would like to write their personal recovery story. The first challenge is to find an easy way to start their story. How does a personal recovery story begin?

A familiar way to start a recovery story is to pretend to be in an A.R.T.S. meeting. The way a person starts to share in a meeting can be the same way to start writing a personal recovery story.

My name is _____. I'm a _____. Everyone can introduce themselves the way they usually introduce themselves in an A.R.T.S. meeting.

So, now our recovery story has a beginning.

What are the three main ingredients to include in an A.R.T.S. personal recovery story?

The first main ingredient in a personal A.R.T.S. recovery story is to tell what our creative life was like before we attended an A.R.T.S. meeting for the first time.

The second main ingredient for a personal A.R.T.S. recovery story is to tell how we found our first A.R.T.S. meeting and what it was like.

The third main ingredient for a personal A.R.T.S. recovery story is to tell what parts of the A.R.T.S. program have helped us, and where we are in our art today

If the first big challenge for writing a personal recovery story was how to start the story, then the next big challenge is how to end the story.

An easy way to end a personal recovery story is to use the same way that we usually stop speaking at an A.R.T.S. meeting. If it works in a meeting, the same way can work to end a personal recovery story that we are writing.

Now begins the most important part of today's writing workshop. It is time to begin to write. Remember the familiar way we can start? We can introduce ourselves the same way we do at an A.R.T.S. meeting.

Then we can tell what our creative lives were like before we started attending A.R.T.S. Anonymous meetings, how we found A.R.T.S. Anonymous, and what our creative lives are like today.

We can stop writing our recovery stories the same way we stop speaking at an A.R.T.S. meeting.

Please use the next 30 minutes to write your personal A.R.T.S. recovery story. There will be a notice when there are 10 minutes remaining to write, and when there are 5 minutes remaining. Thank you for your willingness to write today. We will resume the workshop in 30 minutes.

There are now 10 minutes left in our writing session.

There are now 5 minutes left in our writing session.

Now, we have come to the most challenging part of our writing workshop. This is the time to ask, "Who would like to be the first person to read their recovery story?"

We will divide the workshop into breakout sessions of smaller groups, for 30 minutes, so everyone will— have a chance to read their story out loud, if they would like to. We will resume the rest of the workshop in 30 minutes from now.

Thank you very much for participating in the writing workshop today. We will have another writing workshop on July 29. You are welcome to attend again, and you are welcome to invite your A.R.T.S. friends to join us.

You are also invited to lead this writing workshop for A.R.T.S. members. All of the materials we used today will be provided to you.

You are welcome to submit your personal recovery story for consideration in the development of new A.R.T.S. literature. Please submit your story to memberstories@artsanonymous.org and include your name, email address and phone number in case we need to contact you.

Thank you very much for participating today.

Writing Suggestions (can also be used in Break-out Rooms):

1. Begin by introducing yourself the same way you do at an A.R.T.S. meeting.
2. Tell what your creative life was like before you found A.R.T.S.
3. Tell how you found your first A.R.T.S. meeting and what it was like.
4. Tell how A.R.T.S. has helped you and what your life is like today.
5. End your story the same way you stop sharing in an A.R.T.S. meeting.

