



A.R.T.S. Tools for Recovery

In addition to working the Twelve Steps, which are fundamental to working the program, we use the A.R.T.S. Tools to build connection with others and bring our art into the realm of reality. These positive disciplines support us in living every day as the artists we are.

AFFIRMATIONS: We identify ourselves as the artists we are. “My name is _____ and I am a _____.” This and other positive statements affirm our commitment and help offset invalidating societal myths, attitudes and beliefs.

MEETINGS: We attend meetings to learn how the program works. We share our experience, strength and hope with each other, as well as our art and/or creative process.

ANONYMITY: We respect the confidential nature of each member’s share. Who and what we see and hear at meetings is not repeated outside the meeting. We also maintain anonymity at the level of press, radio, TV, video, social media and other public forums.

ACTION GROUPS: We form mutual support groups of fellowship members to help each other develop action plans and follow through on them.

ART BUDDY: An art buddy is another A.R.T.S. member, someone we speak with on a regular basis to turn over what we have done or will do for our art today. Our art buddy may be someone in our field or a different one.

BOOKENDING: We bookend by making contact with another member before and after taking action for our art. Expressing our thoughts and feelings clarifies our course of action and helps us to move through the process.

COMMUNICATING: We address our feelings of isolation by reaching out to other A.R.T.S. members and sharing between meetings. Communicating with one another helps both artists.

ACTION PLAN: This is our personal roadmap for recovery. It includes specific actions to take for the development of our art and ourselves as artists, as well

as listing our creative goals. It may also include a plan for realizing our professional aspirations and achieving balance in the significant areas of our lives.

CREATIVITY INVENTORY: We take a written inventory of our artistic efforts and accomplishments since childhood.

LITERATURE: We use A.R.T.S. literature to learn how a spiritual recovery can remove the blocks to artistic freedom. We use A.A., other Twelve Step Program literature or other inspirational material.

PRAYERS & MEDITATIONS: We use prayer and meditation as we seek to become channels for the Infinite Creative Process.

SERVICE: A.R.T.S. could not exist without the service of its members. Service expands our commitment to our A.R.T.S. recovery by providing a safe environment where we practice how to work with others, compromise, be open to the point of view of others, lead and work through problems.

SPONSORS & SPONSORSHIP: A Sponsor is an A.R.T.S. member who embodies the recovery you seek and is experienced in working the A.R.T.S. 12-Step program. We can work the Twelve Steps with the help and guidance of a Sponsor through a one-to-one relationship and/or in a group setting. Sponsorship can benefit all concerned.

5-ALIVE: We do our art for at least five minutes every day. We nurture our creativity every day. Five minutes a day keeps our art alive. Five alive!

HONORING THE CREATIVE SELF: We abstain from behavior, thinking and attitudes that keep us from using our creative energy productively. We appreciate and express the creativity that is both inside and around us, taking time to play and to rest. Members often make commitments to nurture their creativity.