

Inspiring A.R.T.S. Members To Write Their Stories

Thank you for your willingness to write your story of recovery in A.R.T.S. Anonymous. We hope these guidelines help, and that writing your story helps brings additional growth in recovery.

Experience shows that the two biggest challenges to writing our stories are:

- 1) how to get started writing
- 2) how to end our story

To help with getting started, a very easy approach is offered in the first of the guidelines, #1 on the list below..

To help with ending writing your story, an equally easy approach is also offered, as shown in the fifth guideline, #5 on the list below.

Simple Guideline Writing Suggestions:

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.

More In-depth Guideline Writing Suggestions:

- A. How did you discover A.R.T.S. Anonymous?
- B. How long have you been a member of A.R.T.S. Anonymous?
- C. What was your life and creativity like before A.R.T.S. Anonymous?
 - What, if anything, was missing in your life?
 - What were you looking for?
- D. What happened to you and your creativity as you attended A.R.T.S. Anonymous?
 - How does your Higher Power help you in the process?
 - How are you experiencing the 12 Steps of A.R.T.S. Anonymous?
 - How do you experience 5 Alive?
 - What tools do you find most helpful?
 - How does volunteering to do service in A.R.T.S. Anonymous assist your creativity?
- E. What is your life and creativity like now, in recovery in A.R.T.S. Anonymous?
 - What do you receive in A.R.T.S. Anonymous that you did not expect?
 - What has been your evolution?
 - What was your most important development?
 - What would you like to say to newcomers and/or old-timers?
- F. What else would you like to add?

Perhaps you will choose to make your story available to A.R.T.S. Anonymous for use in a future publication. If so, then that publication will - thanks to you and other members sending in your stories - help carry the message to the still suffering artist.

On behalf of all members of the Member Stories Subcommittee, thank you again for your willingness to write your story.