

## Inspiring Members to Write Their Own Stories 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 Members' Stories sub-committee of the A.R.T.S Literature Committee. Anyone who participates in the writing workshop today is 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. "Now, let's take a moment to introduce ourselves by our first name and our art.

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. The writing suggestions are posted in the chat.

#### 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.

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.

## **Guidelines for Sharing**

Welcome back. 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 to the whole audience?"

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To have a safe and supportive environment in which to share our stories, as a listener you are an important part. Please mute your mics during a writer's share. We foster an attitude of unconditional respect for each individual's share.

After group members introduce themselves, members who are ready to share can raise their digital hand.

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(Place the items below in the chat.)

Thank you very much for participating in the writing workshop today. We are grateful to A.R.T.S Anonymous for supporting this event and respect the 7<sup>th</sup> Tradition. If you would like to make a donation, there is a Link posted in the chat to do so.

*This is the link the tech host will post: <https://artsanonymous.org/donate-4/>*

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. Please provide your name and email in the chat.

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](mailto: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.

