

## A.R.T.S. Step Eight Workshop Agenda

*Note: The suggested timing adds up to about 2 hours and 30 minutes.*

### Opening

*Leader/Facilitator:* Welcome everyone. My name is \_\_\_\_\_ and I am a \_\_\_\_\_. I will be leading this workshop today. Also serving today are:

*(Tech person and any others helping to run the workshop introduce themselves.)*

Thank you for participating in today's workshop on Step Eight. This is an opportunity for more intensive study than you might experience in a meeting. The workshop is designed to go for about 2 ½ hours with a ten-minute break.

The Twelve Steps of A.R.T.S. Anonymous are the program of recovery. The book *Alcoholics Anonymous*, where the Twelve Steps first appear, states, "Here are the steps we took, which are suggested as a program of recovery." Through the Twelve Steps it is possible to dismantle and move through the blocks that prevent us from fully engaging in our creative expression. It is possible to find freedom from what holds us back.

We invite those who participate in these workshops to share them with others. The scripts are available on the [artsanonymous.org](http://artsanonymous.org) website. By sharing experience, strength and hope, all who participate benefit. It is also possible that those who submit writing to the Literature Committee could have it included in future A.R.T.S. Literature.

All who wish to join me, let's begin with the Serenity Prayer.

*God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

We will now read the Steps of A.R.T.S. Anonymous. Are there volunteers willing to help read?

*(Tech screenshares the Twelve Steps of A.R.T.S. Anonymous)*

*Leader/Facilitator:* I will now give a brief overview of today's workshop.

-We will have a speaker for about 7-10 minutes.

-This will be followed by introductions.

-We will then present questions for writing on Step Eight.

-Writing for about 20 minutes, followed by a ten-minute break.

-Then we will go into breakout rooms to share in a small group.

-When we come out of the Breakout rooms there will be some additional questions for about 10 more minutes of writing.

-After that we will have an open sharing of what people wrote, or what they wish to share about the Step, or their experience at today's workshop.

Are there any questions before we go on? Much of this will become clearer as we go.

### **Speaker**

*Leader/Facilitator:* Please allow me to introduce the Speaker for today, \_\_\_\_\_, who will share personal experience, strength and hope with Step Seven.

*(Allow up to 10 minutes for the Speaker. Tech gives a warning of time remaining if the Speaker wants it)*

*Leader/Facilitator:* Thank you\_\_\_\_\_.

## Round Robin/Introductions

We will now go into a round robin session. In one minute or less, please introduce yourself by your first name and your art, what you hope to get from the workshop today, or anything you wish to say about what you just heard from the speaker. I will go in the order of who I see on the screen until everyone has had their minute.

*(Up to 20 minutes; it depends on the number present. Tech times)*

## Questions and Writing

*Leader/Facilitator:*

**Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.**

In Step 8 there is the suggestion that we have hurt others, such as family, close friends, co-workers, employers, or in our community of artists. There are perhaps ways we hurt ourselves, such as ignoring our own desire to create. Maybe there are lingering resentments over the harm done to us by others. It is possible we are now in a place where the strength of a relationship with a Higher Power and with ourselves has prepared us to take responsibility in our relationships with others.

Here is some wisdom offered by an A.R.T.S. member:

“Chapter 5 of the book *Alcoholics Anonymous* gives the perspective that we make decisions based on self that have put us in a position to be harmed by others. The implication is that a decision based on self brings harm. The ego is subtle and cunning. If there is a possibility that we are fooling ourselves, we probably are. It can be very easy to go into denial that we can’t possibly be hurting others.”

Step 8 can begin the process of restoring our relationships with others. If we can admit that there are times when we have hurt others, all sorts of feelings or perhaps a desire for peace of mind may move us to make a list of those we

harmed. If a memory comes of a specific moment when we injured another, we can write it down.

Some of us might want to rush toward relief by making immediate amends. Yet Step 8 does not ask for such action. Instead, it asks that we make a list of *all* we have harmed and become *willing*. Becoming willing may involve some thought and preparation. We may well want to invite a sponsor and a Higher Power to help.

It is not unusual for the recovering artist to put themselves on the list. When we turn on ourselves, it keeps us from the love and freedom that might be possible. If we can learn to trust and participate with God and ourselves, the process of recovery can free us to enjoy our creative lives, including our relationships with others.

*(Tech screenshares Step Eight and the two sets of questions below)*

**Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.**

**Experience: What does Step Eight mean to me?**

- What does Step 8 ask me to do, and what does that mean to me?
- In what ways does the experience, strength and hope learned in previous Steps help me to become willing?
- What does “become willing to make amends” mean to me?
- What do I think about personal responsibility and accountability in relationship to the behaviors that affect others, myself and my art?

**Strength: How do I feel about Step Eight?**

- How do I feel about the possibility of mending damaged or broken relationships?

- What are the feelings that tempt me to avoid Step 8?
- Which Steps could help if feelings of denial, resentment and blaming others surface?
- How do I feel about the possibility that Step 8 could help me recover my creative expression?

*Leader/Facilitator:* These questions are offered as prompts to choose from for writing on Step Eight. The questions are loosely divided by an emphasis on what we think and how we feel. They are optional, and you may have other ways to explore Step Eight.

Is there a volunteer willing to read the questions aloud?

Are there any questions before we begin writing?

*(Allow 20 minutes to write. Tech times)*

## **Break**

*Leader/Facilitator:* We will now take a 10-minute break. Please everyone, mute yourself. If you are doing anything distracting, please turn off your video. Some of you may wish to continue writing during this time. We will all come back together at \_\_\_\_\_ o'clock.

*(Break for 10 minutes. Tech times)*

## **Breakout Rooms**

*Leader/Facilitator:* Welcome back everyone. Some of you may feel you have things to talk about. We will now be putting everyone into a breakout room of 4-5 people for sharing on the Step for about 25-30 minutes. There are suggested guidelines and a format for the breakout rooms posted in the chat. Breakout rooms will be given a 5-minute warning before closing.

*(Tech person first puts the breakout room format and guidelines below in the chat. They then assign and open the breakout rooms. Use the "broadcast" feature to give a warning for when the breakout rooms will close)*

### **Breakout Room Format:**

- Everyone briefly introduces themselves by their name and art
- The group selects a volunteer to read the guidelines
- The group selects a volunteer to be the Timer
- The group decides how much time to give each person to share, and may include a warning for when time is up

### **Guidelines:**

- Each participant may share their writing or what they are learning about the Step
- Please mute your microphone while others are sharing or reading
- Please avoid engaging in crosstalk or asking questions about what another is sharing

## **Final Questions and More Writing**

*Leader/Facilitator:* Welcome back, everyone. A final set of questions will now be introduced to explore the hope that can be found in this Step. You have the option to use any one or all of these questions, or another question. Is there a volunteer to read the questions?

*(Tech person screenshares the set of questions in the box below)*

### **Hope: How does Step Eight relate to me and my creative expression?**

- What new understanding of myself and others can be applied to my art?

- Are there now ways I might be willing to forgive aspects of my creativity that fail perfection?
- In what ways am I willing trust God to guide my creativity?

*Leader/Facilitator:* We now have ten more minutes to write.

*(Allow ten minutes to write. Tech times)*

### **Open Sharing and Wrap Up**

*Leader/Facilitator:* In the time we have left, we will take a show of hands to hear from those who wish to share something they wrote, or any breakthroughs or "aha" moments they experienced today.

*(Allow about 20 minutes depending on time. Tech times)*

### **Closing**

*Leader/Facilitator:* Are there any announcements related to A.R.T.S. or to this series of workshops?

*(Tech person screen-shares the Closing Prayer)*

*Leader/Facilitator:* We will end with the Serenity Prayer, but first, may I ask someone to read the Closing Prayer of A.R.T.S. Anonymous?

*In closing, I would like to say that no matter how distanced we may feel from our creative sources, no matter how long it has been since we were in touch with our creative spirit, or how feeble may seem our creative impulses, they are reawakening in our Higher Power's time, through this program and through our actions, no matter how small or how simple, a day at a time. I*

*may not be able to see my own growth, or even to see my creations as beautiful, but I am able to see yours as inspiring and enriching my emotional, spiritual and physical world. We are not recovering merely to hide our light under a bushel; our creative gifts are a gift. To celebrate them, we humbly apply ourselves, sometimes to the work of art, and sometimes to play. May A.R.T.S. Anonymous teach us that our art, celebrated, will benefit and feed our own souls first, and the world's second, for the world hungers as much for this beauty as for food. We meet here together to feed this deeper hunger.*

*Leader/Facilitator:* Please join me in the Serenity Prayer

*God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*