

A.R.T.S. Step Five 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 Five. 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 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 Five.

-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 Five.

(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 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step Five can be a way to think about what we might be learning about the beliefs and behaviors that keep us from doing our art in a satisfying way.

A practice of “admission” can help us find freedom by learning to accept ourselves as we are, to become whole. We might be helped to approach our creative lives with a new awareness. We can take comfort that many others have taken this Step and survived the feelings that might come from the word “wrongs.”

What could be wrong with us? Maybe we treated ourselves in unfair or unacceptable ways. Perhaps we even hurt others by our own suffering. By living with the self-awareness gained in Step Four, we can see both our assets and the negative, self-defeating patterns which can hold us back.

We can learn to open our hearts and admit our “wrongs” to a loving Higher Power. We can take the time to tell what is true about ourselves and our behavior. When we gain perspective on ourselves, we can find clarity on what we want to change or keep.

Sharing with another human being who listens to and accepts our “exact nature” can provide a profound shift in how we perceive ourselves and our creativity. We

share with a trusted person, maybe our sponsor, a spiritual guide, an A.R.T.S. friend, a therapist, or maybe with someone you meet in this workshop today.

Step Five can help us have an experience of love - connecting with God, revealing parts of ourselves, and experiencing acceptance from another human being.

(Tech screenshares Step Five and the two sets of questions below.)

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Experience: What does Step Five mean to me?

- Can I describe events from my past that discourage me from beginning Step Five?
- What might be helpful about sharing the exact nature of my wrongs with a loving God of my understanding?
- What do I think about the idea that the work of Step Five might be less about self-judgment and more about self-discovery?
- What would it mean to me to receive love and acceptance from a Higher Power by admitting the exact nature of my wrongs to another person?

Strength: How do I feel about Step Five?

- How would it feel to step forward with faith, trust and courage to admit the exact nature of my wrongs?
- What does it feel like to admit my shortcomings only to myself, and how would it feel if I were to open up and admit them to a Higher Power?
- What does it feel like to admit my shortcomings to a Higher Power, and how would it feel if I were to open up to admitting them to another human being?

Leader/Facilitator: These questions are offered as prompts to choose from for writing on Step Five. 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 Five.

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.

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(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 Five relate to me and my creative expression?

- What might change in my creative expression if my beliefs and behaviors change?
- How might an honest self-awareness and acceptance change my approach to my art?
- In what ways can the loving grace of a Higher Power help me evaluate and validate my art for myself? Might there be

moments in the creative process where clarity, direction, acceptance, or satisfaction emerge?

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.