

A.R.T.S. Step Four Workshop Agenda

Notes:

1) *The suggested timing adds up to about 2 hours and 30 minutes.*

2) *Participants will need access to the A.R.T.S. Anonymous pamphlet, Facing Avoidance. This can be done by screensharing.*

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 Four. 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 using the A.R.T.S. Anonymous *Facing Avoidance* pamphlet to use as writing on Step Four.

-Writing for about 30 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, we will have open sharing on 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 Four.

(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 4: *Made a searching and fearless moral inventory of ourselves.*

Step Four offers a personal pathway of discovery toward how we might live a healthy and free life. It is often uncomfortable to focus on what feels wrong about our behavior, but this step does not ask us to judge or condemn ourselves. Step Four suggests that we take a look at both the behaviors that benefit us and those that no longer serve. Oddly enough, it might take more effort to focus on what is healthy about our behavior. This Step suggests that we do this inventory carefully, thoroughly, and with courage. Considering that our creative blocks can be spiritual, emotional, mental, and even physical, understanding ourselves better can bring to light the inner and outer resources we can draw from.

In A.R.T.S. Anonymous, we might be interested in the behaviors, thoughts, and feelings that affect our creative expression. Many of us have found the A.R.T.S. Anonymous pamphlet: *Facing Avoidance: An Inventory of Attitudes and Beliefs*, to be helpful. The patterns of how we have been living compared to how we wish to live our lives may become apparent. We can be helped to discover what can be changed, what might be developed, and what might need regular practice.

(Tech begins to screenshare eight sets of questions, ten in each set.)

Leader/Facilitator: The questions on the screen are from the A.R.T.S. Anonymous pamphlet, *Facing Avoidance*. There are 79 questions and we are showing them in eight sets. Take time to look through all the questions, and if any of them jump out as being relevant to where you are in your life and creative recovery, write it down. We suggest for this workshop that you choose about three to five questions in all. The questions will also be posted in the chat.

You may begin writing responses to the questions you choose at any time.

(Tech continues to screenshare the question sets, moving slowly. Allow about ten minutes for this?)

Are there any questions before we begin writing?

(Allow 30 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

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.