

A.R.T.S. Step Ten 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 Ten. 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 Ten.

-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 Ten.

(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 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Step Ten can involve a regular practice of noticing and acknowledging how we are doing. Such a practice can reap unexpected benefits in living our lives, practicing our art, and in our relationships. This is an opportunity to heal by taking a frequent and honest look at ourselves, making adjustments, and taking action so that problems do not fester or grow.

An admission of a wrong can sometimes stay between ourselves and our Higher Power. Or it may be that what is needed is an immediate apology and acknowledgment of where we were mistaken. In some cases, we might review the wrong with a sponsor or other trusted person, with some discussion about how best to go about making amends, if needed.

The very existence of Step 10 can be a reminder that it is always possible to take back our will and allow defects and shortcomings to grow again. Maybe are now developing a degree of awareness of our feelings that makes it harder to “escape” from them.

The benefits of Step 10 can be profound. Some note that with practice they develop an ongoing mindfulness and presence to the truth about themselves. Over time, this experience can become an almost intuitive process. Step 10 can be a gift in that it provides an opportunity to take care of ourselves and our lives in ways that can be practical, satisfying, and ultimately joyful.

Step 10 can have a significant impact on our creative expression. We can take a regular and honest look at our creative blocks with the intention of becoming free of what holds us back. Awareness of when or how our creative shortcomings are emerging can give an “on the spot” opportunity to adjust our approach. Ease and confidence in our creative process can grow with the ability to consistently accept and forgive ourselves and others. A connection to the Higher Power who created us can strengthen.

(Tech screenshares Step 10 and the questions in the box below)

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

This writing exercise is a way to approach a current problem that is stopping you in some way. It might be something in your life or in your creative expression. Choose any problem you wish for this exercise. You will be using the Steps with this one problem.

1. I admit I am powerless over _____.
What are the ways this makes my life unmanageable?
2. Do I believe that a Power greater than myself can restore me to sanity? Why or why not? How would sanity with this problem look like?
3. Have I decided to turn _____ over to the care of a Higher Power or God of my understanding? Yes, or no?

4. In making a searching and fearless moral inventory of myself in relation to this problem, what are my fears, resentments and harms I have done? What is my part in this?
5. Am I willing to admit to myself, God/Higher Power and another person the exact nature of the wrongs I contributed to this problem? (If yes, continue to #6. If not, return to #1.)
6. Am I entirely ready to have God/Higher Power remove these defects of character (as listed in #4)? Yes, or no?
7. Have I humbly asked God/Higher Power to remove my shortcomings (as listed in #4)? Yes, or no?
8. List all persons I have harmed because of this problem and put myself on the list. How have each of these people been harmed? Am I willing to make amends to them all, including myself?
9. In what way, and when will I make amends to each person on the list, including myself?
10. In continuing to take personal inventory, what specific actions can I take today?
11. What specific actions can I take to improve my conscious contact with God/Higher Power?
12. Is there a spiritual awakening or a new insight I have gained as a result of working these Steps on this specific problem? Describe. How can I share this experience with others? In terms of this problem, what principles can I practice going forward?
13. And finally, how might my creative practice change as a result of taking these Steps with this problem?

Leader/Facilitator:

This writing exercise is a way to approach a current problem that is stopping you in some way. It might be something in your life or in your creative expression. Choose any problem you wish for this exercise. You will be using the Steps with this one problem.

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)

1. What do I think of Step 10?
2. How do I feel about Step 10?
3. How does Step 10 help me with my art?

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.