A.R.T.S. ANONYMOUS
WALK AND TALK PHONE MEETING SCRIPT
8 a.m ET, 7 days a week

Updated November 12, 2025 / Approved by Group Conscience: December 10, 2025

(Moderator reads the typeface in bold. To mute all participants at the beginning of the meeting, please press *5 when using the phone or “Mute All” when using the FreeConferenceCallHD.com app or website)

WELCOME

Welcome to the 8am Walk and Talk phone meeting of ARTS Anonymous.
My name is _____ and I am the moderator for today’s meeting.

SERENITY PRAYER

Please unmute if you wish by pressing *6 and recite The Serenity Prayer along with me. I will pause to give everyone a chance to unmute.

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

DONATIONS

We are self -supporting through our own contributions so please consider becoming a sustaining member of A.R.T.S. by using the donate area of the artsanonymous.org website.

MONTHLY STEP AND TRADITION

Now we’ll read this month’s Step followed by this month’s Tradition.
(Moderator reads the step for the month.)

TWELVE STEPS of A.R.T.S.

Step 1: We admitted we were powerless over our creativity - that our lives had become unmanageable.
Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.
Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him (God, for those who prefer to remain gender neutral.)
Step 4: Made a searching and fearless moral inventory of ourselves.
Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
Step 6: Were entirely ready to have God remove all these defects of character.
Step 7: Humbly asked Him/God to remove our shortcomings.
Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.
Step 9: Made direct amends to such people, wherever possible, except when to do so would injure them or others.
Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.
Step 11: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him/God, praying only for knowledge of His/God’s will for us and the power to carry that out.
Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to artists and to practice these principles in all our affairs.

(Moderator reads the tradition for the month.)

And this month's tradition is Tradition _____.

TWELVE TRADITIONS OF A.R.T.S.

Tradition 1. Our common welfare should come first; personal recovery depends upon A.R.T.S. unity.

Tradition 2. For our group purpose there is but one ultimate authority -- a loving God as expressed through our group conscience. Our leaders are but trusted servants; they do not govern.

Tradition 3. The only requirement for A.R.T.S. membership is a desire to express our creativity.

Tradition 4. Each group should be autonomous except in matters affecting other groups or A.R.T.S. as a whole.

Tradition 5. Each group has but one primary purpose -- to carry its message to the artist who still suffers.

Tradition 6. An A.R.T.S. group ought never endorse, finance, or lend the Arts Anonymous name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

Tradition 7. Every A.R.T.S. group ought to be fully self-supporting, declining outside contributions.

Tradition 8. A.R.T.S. Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Tradition 9. A.R.T.S. Anonymous, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Tradition 10. A.R.T.S. has no opinion on outside issues; hence the Arts Anonymous name ought never be drawn into public controversy.

Tradition 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and all other media.

Tradition 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities .

READING OF TRAITS, TALENTS AND TOOLS

(Below for moderator's reference)

Days 1 - 7	*Read Traits, Talents, and Tools 1-3*
Days 8 - 14	*Read Traits, Talents, and Tools 4- 6*
Days 15 - 21	*Read Traits, Talents, andTools 7-9*
Days 22 - 28	*Read Traits and Talents 10-12 and Tools 10-15*
Days 29 - 31	*Moderator chooses any Traits, Talents and Tools*

May we have 2 volunteers, one to read today's 3 TRAITS of the Avoidant Artist and another to read the corresponding 3 TALENTS for the Good Life? Please read them in sequence, alternating between the trait and corresponding talent. (Pause for volunteer to speak up. If no one volunteers, moderator reads.)

And may we have a volunteer to read the 3 TOOLS for Recovery after TRAITS and TALENTS.

(Pause for volunteer to speak up. If no one volunteers, moderator reads.)

*(*On Days 1 - 7 read…*)*

TRAITS 1-3

Before recovery and seeking a solution in A.R.T.S. Anonymous, these were some of the common traits many of us experience or experienced.

1. We grew up in an atmosphere of invalidation which resulted in ambivalence about our artistic expression.

2. In any given 24-hour period we found ways, consciously or unconsciously, to avoid doing that which gave us the most joy – expressing our creativity.

3. We withdrew from our art by investing ourselves in lifestyles, relationships and work activities incompatible with our artistic purpose. Our creative energy was often diverted into destructive compulsions.

TALENTS 1-3

1. In recovery, we are growing in an atmosphere of affirmation and conviction that our artistic expression is essential to our existence and is part of our unique contribution to the world.

2. In recovery, we realize that each new day is an opportunity to express our creativity and have an artistic experience. We know our inspired creative process gives us the joy we deeply desire.

3. In recovery, we invest ourselves in lifestyles, relationships, and work activities that nurture our creativity.

TOOLS 1-3

1. AFFIRMATIONS: We identify ourselves as the artists we are. “My name is and I am a _____.” This and other positive statements affirm our commitment and help offset invalidating societal myths, attitudes and beliefs.

2. MEETINGS: We attend meetings to learn how the program works. We share our experience, strength and hope with each other, as well as our art and/or creative process.

3. ANONYMITY: We respect the confidential nature of each member’s share. Who and what we see and hear at meetings is not repeated outside the meeting. We also maintain anonymity at the level of press, radio, TV, video, social media and other public forums.

(On Days 8 -14 read…)

TRAITS 4-6

Before recovery and seeking a solution in A.R.T.S. Anonymous, these were some of the common traits many of us experience or experienced.

4. We made needless sacrifices for our art and yet were afraid to make the necessary sacrifices. We were unable to balance the significant areas of our lives – Physical, Financial, Social, Love, Family, Spiritual and Creative.

5. Self-defeating thoughts and societal myths turned in our heads: It's too late – I'm too old – I'm not ready – I am not enough – Art is not practical – Artists are neurotic – You'll starve. We accepted these as true when, in fact, they were not.

6. We felt intimidated by other artists' success. Jealousy, envy, fear, self-pity, perfectionism, resentment and other character defects blocked our creative expression.

TALENTS 4-6

4. In recovery, we immerse ourselves in our art, accepting and enjoying our creativity, finding ways to manage our temptations and diversions. Being true to our inner selves, we strive to maintain a balance in all areas of our lives; nurturing significant relationships to stay professionally involved, socially fulfilled, and lovingly engaged with family and friends.

5. In recovery, we are freed from the self-defeating societal beliefs that play in our heads. We realize that we, as individuals, have something wonderful to contribute and that with the help of our Higher Power we have what it takes to express our art.

6. In recovery, we rejoice in the success of other artists, keeping the focus on our own God-given gifts. We take heart that we too will find fulfillment through our own creativity.

TOOLS 4-6

4. ACTION GROUPS: We form mutual support groups of fellowship members to help each other develop action plans and follow through on them.

5. ART BUDDY: An art buddy is another A.R.T.S. member, someone we speak with on a regular basis to turn over what we have done or will do for our art today. Our art buddy may be someone in our field or a different one.

6. BOOKENDING: We bookend by making contact with another member before and after taking action for our art. Expressing our thoughts and feelings clarifies our process.

(On Days 15-21 read…)

TRAITS 7-9

Before recovery and seeking a solution in A.R.T.S. Anonymous, these were some of the common traits many of us experience or experienced.

7. We stood repeatedly at the edge of a beginning; unable to move forward, avoiding our art, and unable to commit to pursuing or developing our creativity as a means of earning a living. The concept of supporting ourselves through our art seemed overwhelming.

8. We thought of our art as divorced from reality, denying ourselves the right to follow our dreams. We forgot that artists are entitled to their right work and deserve the happiness and success that right work brings.

9. We denied our responsibility to fully develop and realize our talent. We did not feel worthy of the success we achieved or desired. We felt like a fraud.

TALENTS 7-9

7. In recovery, feeling safe in a newfound courage, we desire to become visible. We put our trust in a higher power and release our art out into the world. .

8. In recovery, as our art becomes more and more real to us, we enthusiastically follow our dreams. We accept that we are entitled to our right work and deserve the happiness and success that right work brings.

9. In recovery, we commit to our art. We open our hearts and minds to all of the wonderful possibilities that our Higher Power has in store for us, including the ability to earn a living by means of our creativity. .

TOOLS 7-9

7.COMMUNICATING: We address our feelings of isolation by reaching out to other A.R.T.S. members and sharing between meetings. Communicating with one another helps both artists.

8. ACTION PLAN: This is our personal roadmap for recovery. It includes specific actions to take for the development of our art and ourselves as artists, as well as listing our creative goals. It may also include a plan for realizing our professional aspirations and achieving balance in the significant areas of our lives.

9. CREATIVITY INVENTORY: We take a written inventory of our artistic efforts and accomplishments since childhood.

(On Days 22-28 read…)

TRAITS 10-12:

Before recovery and seeking a solution in A.R.T.S. Anonymous, these were some of the common traits many of us experience or experienced

10. Being multi-talented, we had difficulty discerning our true artistic vision, making a commitment to it and establishing the priorities to fulfill it..

11. We had difficulty following through on projects and frequently sabotaged our efforts. We wanted to work at our art but didn't know how. We became impatient with the process, forgetting that the results come in God's time, not ours. Our time was unmanageable.

12. We were afraid of our creative energy and mistrusted our artistic instincts. Lacking spiritual awareness, we did not see ourselves as channels for the infinite creative process. We did not realize our art is a gift to be shared.

TALENTS 10-12:

10. In recovery, being multi-talented, we explore each of our abilities, taking joy in the fluidity with which we move from one to the other. Each of our abilities is a facet of our true artistic expression and each contributes to the whole. We accept full responsibility for developing and honouring our gifts.

11. In recovery, we are aware that the process is a learning experience. We know that the outcome is in the hands of a Higher Power and may well prove more fruitful than our immediate goal. We take time each day to be thankful that the results come in God's time, not ours. We bless each day that we are given to pursue our art.

12. In recovery, we turn our lives and our art over to our Higher Power, recognizing that without the aid of that Mystic Force, we are lost. Trusting our intuition and artistic instincts, we know that we are channels for the Infinite Creative Process. We offer our art as a gift to be shared.

TOOLS 10-15:

10. LITERATURE: We use A.R.T.S. literature to learn how a spiritual recovery can remove the blocks to artistic freedom. We use A.A., other Twelve Step Program literature or other inspirational material.

11. PRAYERS & MEDITATIONS: We use prayer and meditation as we seek to become channels for the Infinite Creative Process.

12. SERVICE: A.R.T.S. could not exist without the service of its members. Service expands our commitment to our A.R.T.S. recovery by providing a safe environment where we practice how to work with others, compromise, be open to the point of view of others, lead and work through problems.

13. SPONSORS & SPONSORSHIP: A Sponsor is an A.R.T.S. member who embodies the recovery you seek and is experienced in working the A.R.T.S. 12-Step program. We can work the Twelve Steps with the help and guidance of a Sponsor through a one-to-one relationship and/or in a group setting. Sponsorship can benefit all concerned.

14. 5-ALIVE: We do our art for at least five minutes every day. We nurture our creativity every day. Five minutes a day keeps our art alive. Five alive!

15. HONORING THE CREATIVE SELF: We abstain from behavior, thinking and attitudes that keep us from using our creative energy productively. We appreciate and express the creativity that is both inside and around us, taking time to play and to rest. Members often make commitments to nurture their creativity.

On Days 29 -31 moderator chooses any three each of the Traits, and Talents and Tools to read.

(Ad lib as needed…Reminding about using the mute function, *6, on your phone.)

SERENITY KEEPER VOLUNTEER

(If the moderator will handle Serenity Keeper responsibilities, the moderator does not have to request a volunteer. Otherwise, please say:)

As a part of our group conscience, we have agreed to mute ourselves when we are not speaking by pressing *6. Today's meeting will need a Serenity Keeper. If there is too much background noise on the line, I will request that the Serenity Keeper mute the entire line. This person should have already received training and dialed in with the leader/host code. Is there anyone willing to be today's Serenity Keeper?

WELCOME NEWCOMERS

We welcome any newcomers on the line and invite you, if you wish, to introduce yourself by your first name. There will be an opportunity to share your phone number for outreach and ask questions at the end of the meeting. Welcome.

FIRST READING

(Moderator reads an arts/spiritual related reading from material of their choice OR asks if another A.RT.S. member has a similar type of reading OR a short qualification by an A.R.T.S. member. All should be in line with artistic recovery and come from a place of experience, strength and hope. **NOTE: it is the moderator's choice if and when the reading will be re-read.**)

Now I'll read a reading in line with artistic recovery, from a place of experience, strength and hope.

(Alternatively)

Does anyone in the meeting have a reading to share that's in line with artistic experience, strength and hope?

(Alternatively)

Now we'll have a qualification from _____.

(MODERATOR identifies the reading and the author, or QUALIFIER QUALIFIES. After the qualification or reading, moderator continues*:)*

2 MINUTE SHARES

We will now open for 2-minute shares on the reading until the bottom of the hour. But before we begin, I'll read the Crosstalk announcement

CROSSTALK

For the safety of the meeting, there is no "crosstalk." Crosstalk is defined as interrupting, referring to, commenting on, or asking questions about what another person has shared during the meeting. In A.R.T.S. each person may share feelings, experiences and perceptions without fear of comparison or judgment of any kind. We accept —without comment— what others say because it is true for them. We work towards taking more responsibility in our lives rather than giving advice or approval to others.

VOLUNTEER TIMER

MAY WE HAVE A VOLUNTEER TIMER PLEASE. Timer please remind the speaker by saying the words 'gentle time' at the close of the speaker's share. Speaker please time yourself as well and after you've finished sharing, please invite the next person to share. When they come on the line acknowledge that they' re heard and mute yourself by pressing star 6.

(NOTE: If no one volunteers to time moderator times

SECOND READING

(At bottom of hour moderator reads the second reading)

Now I'll read today's selection from the book, <u>The Artist's Way Everyday, A Year of Creative Living, by Julia Cameron.</u> I'll read it twice.

(Moderator reads the entry for today's date. If the moderator does not wish to read, ask if anyone has the book and would like to read. READ THE PASSAGE TWICE.)

3 MINUTE SHARES

We will now open for 3-minute shares. You may share your ART, your relationship to 5 Alive, and your intentions for the day at the end of your share. If you shared in the first half hour on the first reading, please feel free to share again. We'll share round robin until everyone who wants to share has had a chance. You may share on the reading or on anything else, arts-related, that's on your mind.
(Leader also times)

CLOSING

(Allow three minutes before the top of the hour for the closing.)

ANNOUNCEMENTS

We're nearing the close of our meeting. Are there any announcements related to ARTS?
(Give people time to Unmute and speak)

GROUP CONSCIENCE

Our group conscience is on the second Wednesday of each month, from 9-9:30am ET in Sub-Conference Room 1. For a motion to be discussed, a member must submit it by the Monday before the group conscience and must be in attendance at the group conscience meeting. Members may volunteer at the group conscience in December or June to provide service in one of our moderator positions, which run for six months, rotating every January and July.

OUTREACH

Newcomers or anyone else may now leave their phone number for outreach. If you have specific questions about ARTS, we have a few minutes now or you may request a call from one of us or the Newcomer Greeter, who is _____, to learn more about the program. If you'd like to be added to our Walk and Talk Whatsapp texting group, please leave your phone number. (Give people time to Unmute and speak)

FREE CONFERENCE CALL HD APP

International callers can join this meeting via the internet by downloading the freeconferencecallHD.com app, available in your App Store, or go to the internet dialer on the freeconferencecallHD.com website. Please note: freeconferencecallHD.com is different than freeconferencecall.com

(Moderator reads a paragraph from the first reading if there is time.)

SERENITY PRAYER / FIVE ALIVE

We'll now close the meeting with the Serenity Prayer. After closing, anyone who wishes is invited to stay on the line for a 5 ALIVE meeting. Please unmute if you wish by pressing star *6 and recite the Serenity Prayer along with me. I will pause to give everyone a chance to unmute.

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

FIVE ALIVE EXPLANATION

(After closing Moderator explains Five Alive as follows.)

It's Time for Five Alive. You may spend this time in any way you wish, engaging in your art, activities that support your art or help you to lay a foundation for your day. Those who wish to stay on may share what action they will undertake. We check in a half hour from now to report back our progress. Who would like to stay on? Will someone volunteer to time?

GROUP CONSCIENCE MEETING INSTRUCTIONS
(READ ONLY ON THE SECOND WEDNESDAY OF THE MONTH)

Now, it's time for our monthly group conscience meeting. For those of you who wish to join in Sub-Conference Room 1, please press #1. If you would like to join the Five Alive once the group conscience is closed, please press #* to rejoin the Main Conference Room.

(THANKS for your service!!!!)