

General Instructions for Giving Examples Recovery International On Line Meetings

Giving examples on line is the same procedure as any other Recovery meeting because we will follow the four step outline. On line there will be three people involved in the example, the example giver, the person who types the four steps and the person who leads the example and comments.

The person who types the four steps should have them prepared in a word document to cut the steps one at a time and paste into the dialog box. After pasting each step the person giving the example should respond to the steps as in every other Recovery meeting. We like to keep this part simple and if possible one or two sentences. The person giving the example can signal the person typing the steps by saying “thats when I began to work myself up”, “Thats when I began to spot”, “I endorsed myself by“. Since we have no visual clues to when somebody is finished their part of the example we need the verbal signals. If you are giving the example you might want to also prepare your example ahead of time for cutting and pasting into the dialog box. Remember to keep it simple both for time and being group minded to the rest of the group. The person leading the example will then give their spotting and open to the rest of the meeting for their spots.

Please note two things. If follow a link to get the meeting materials during the meeting the software will boot you out of the meeting and you will have to reenter. If the meeting has limited members allowed you might not be able to get back in if somebody takes your spot. Please have all your materials ready before the meeting begins. Also to paste something into the dialog window, the software requires you to do CNTRL-V instead of paste.