

# **Basic Recovery Agenda**

## **Four Sessions with Three Breakouts**

**One Day “Munch and Crunch” Format**

### **Session One: Steps 1, 2 and 3 (45 minutes)**

10:00 am–10:45 am

### **Breakout Number One (15 minutes)**

10:45 am–11:00 am (Meet Your Sharing Partner and Discuss Your Surrender)

### **Session Two: Step 4 and Setup Step 5 (45 minutes)**

11:00 am–11:45 am

### **Breakout Number Two (45 minutes)**

11:45 am–12:30 pm (Take Step 5 with Your Sharing Partner)

### **Session Three: Take Steps 6 and 7 and Setup Steps 8 and 9 (30 minutes)**

12:30 pm–01:00 pm

### **Breakout Number Three (30 minutes)**

01:00 pm–01:30 pm (Take Steps 8 and 9 with Your Sharing Partner)

### **Session Four: Steps 10, 11 and 12 (45 minutes)**

01:30 pm–02:15 pm (Including a Five Minute Quiet Time to Practice Step Eleven)

**(4 1/4 hours total, including three breakout sessions)**