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 pm–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 ¼ hours total, including three breakout sessions)