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## Sample Script for Double Trouble in Recovery Meetings

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The following script is written for a speaker meeting but can be adapted for any other meeting format.

**Leader:** *Hi, my name is (leader's first name), and I am dually diagnosed. I'd like to welcome everyone to this meeting of Double Trouble in Recovery. We meet here (give the scheduled day and time).*

*Please help me open this meeting with a moment of silence for those still sick and suffering dually diagnosed persons in and out of the room, followed by the Serenity Prayer for those who care to join me.*

### **The Serenity Prayer**

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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.

**Leader:** *I've asked (first name) to read the DTR Preamble.*

### **DTR Preamble**

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Double Trouble in Recovery is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and mental disorders.

Double Trouble in Recovery is designed to meet the needs of the dually diagnosed and is clearly for those having addictive substance problems as well as having been diagnosed with a mental disorder.

We also address the problems and benefits associated with psychiatric medication as well as other issues crucial to mental health; thus we recognize that for many, having addiction and mental disorders represents *Double Trouble in Recovery*.

There are no dues or fees for DTR membership; we are self-supporting through our own contributions.

Double Trouble in Recovery is not affiliated with any sect, denomination, political group, organization, or institution.

Our primary purpose is to maintain freedom from our addiction(s) and to maintain our well-being.

**Leader:** *I've asked (first name) to read "How It Works" and the Twelve Steps of DTR.*

## How It Works

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We band together to help ourselves recover from our addictions and mental disorders. We share our experiences in order to help ourselves to become honest, open-minded, and willing. Sharing helps all of us to remember how it was and how we arrived at where we are today.

We live *one day at a time* and practice the Twelve Steps of DTR.

## The Twelve Steps of Double Trouble in Recovery

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

**Leader:** *I've asked (first name) to read "The Promises."*

## The Promises

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If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past or wish to shut the door on it.

We will comprehend the word *serenity*, and we will know peace. No matter how far down the scale we have gone, we will see how our experiences can benefit others. The feeling of uselessness and self-pity will disappear.

We will gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that our Higher Power is doing for us what we could not do for ourselves.

(Adapted from *Alcoholics Anonymous*, 4th ed., pp. 83–84.)

**Leader:** *I've asked (first name) to read "On Recovery."*

## On Recovery

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We who are dually diagnosed are compelled to walk a long and narrow path. When we go out of control with our substances of choice, we become lost. If we ignore our doctors and our therapists, and misuse our medications, our path becomes very dark indeed.

In our fellowship, we band together for common good and recovery. With open-minded understanding for each other, we honestly expose our problems and our weaknesses. The humility we show shall never mask or cover the courage it takes to admit who and what we are as, together, we find the hope and strength that make our narrow path into a wide road that leads to peace, serenity, and a meaningful life.

Therefore, working the Twelve Steps of DTR and regular attendance at DTR and other appropriate self-help groups will help us gain the rewards of sanity, serenity, and freedom from addictions.

DTR invites you to join us and continue or begin your mental, physical, and spiritual recovery.

**Leader:** *I'd like to thank my readers.*

*Now I'd like to extend a warm welcome to any newcomers and anyone who's just coming back. Just sit, relax, and listen. Is this anyone's first meeting, or are there any newcomers? Would anyone like to introduce themselves? (Introductions follow.)*

*This is an anonymous program, which means that who you see here and what you hear here stays here in this room. This is so we all feel comfortable with what we say.*

*Our speaker (first name) is here to share (his/her) experience, strength, and hope. When the speaker speaks, we suggest that you do not compare stories, but identify with the feelings. We all took different routes to get here, but the feelings are the same. (Speaker follows.)*

*We will now open the meeting for sharing. We ask that you limit your sharing to five minutes to give everyone who wishes a chance to speak. (Sharing follows.)*

*Anonymity is the spiritual foundation of all traditions, ever reminding us to put principles before personalities. This means that who you see, what you hear—please leave it here when you leave.*

*We have a nice way of closing. Please join together in reciting the Serenity Prayer. (Recitation of the Serenity Prayer follows.)*

## The Serenity Prayer

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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.

*The Twelve Steps are adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA is in any way affiliated with this program. AA is a program of recovery from alcoholism—use of the Twelve Steps in connection with programs and activities that are patterned after AA but address other problems does not imply otherwise.*