• After a member shares his or her feelings, there is no cross-talk or lecturing of the person who has spoken. Members are asked to talk only about their own experiences as they relate to the topic of the meeting.
• If the group needs to take up a collection to pay small expenses associated with running the group, members will “pass a basket” to collect donations.

Guest Speaker
At some meetings, the leader sets aside fifteen to twenty minutes for a speaker to share his or her experiences in dealing with dual diagnosis.

Sharing
If time permits, group members are invited to speak briefly about their experiences. Again, sharing is voluntary, and some people may choose to “pass.”

Closing
To end the meeting, group members often recite the Serenity Prayer as a group. Sometimes another moment of silence is observed.

Keep Your Expectations Realistic
Only do what is necessary and don't promise more than you can deliver. Allow time for things to evolve. Meetings may be disorganized at first, but don't give up. One group leader was the only person at his meeting most of the time for many months. He went faithfully and, if no one showed up, he read books about recovery during the time allotted for the meeting. After nearly a year, others joined him. As a result, there is now a thriving, caring group in that community.

From time to time, people may slip from sobriety or not take care of their mental health. This is to be accepted. Be patient with one another and do not judge. The group will develop in response to its members' needs and will take on a flavor all its own—a group conscience. Pay attention to the special nature of the group and do not try to force it in one direction or another.

Learn More
For additional information about DTR, please visit www.hazelden.org/dtr.
These readings can be found in the appendix of Double Trouble in Recovery: Basic Guide or downloaded from www.hazelden.org/dtr.

Group Member Introductions

Next, group members have an opportunity to introduce themselves, using their first names only, and to identify themselves as having a dual diagnosis. This step gives everyone a chance to be welcomed by the group and to feel accepted. Group members greet each self-introduction with a simple “Hi” or “Welcome.”

Group Guidelines

The leader reminds members about the rules for behavior during the meeting:

- Members are not to bring alcohol, nonprescription drugs, or drug paraphernalia to meetings. This is to protect the group, the meeting place, and DTR as a whole.
- Members who have taken alcohol or nonprescription drugs in the last twenty-four hours are asked to refrain from sharing during the second part of the meeting. The leader suggests that these members speak to the group leader, to the guest speaker, or to another member at the end of the meeting.
- DTR is an anonymous program. What takes place during the meeting “stays in the room” when the meeting ends. The names of group members and what they said or did during the meeting remains confidential. This protects everyone and helps engender a feeling of trust and comfort in the group.
- Members are asked to limit their comments during the sharing time to five minutes. This ensures that everyone has a chance to talk, and that the meeting ends on time.