



## ***"Please Read Me First"***

As you read the Recovery International (R.I.) Telephone Meeting literature (either downloaded from the website, or received from Headquarters), many questions may arise.

To simplify this information and enable you to receive the greatest benefit from the R.I. method, we recommend you utilize the following steps as your guide.

- 1) Attend the Introduction to Recovery meetings (Intro). It is suggested that you attend at least two (2) Intro meetings to grasp the basic R.I. concepts.
- 2) Attend any Open telephone meeting held every Friday, Saturday and Sunday. This will familiarize you with meeting structure, the example giving process and R.I. meeting tools and terms. You may attend as many Open Meetings as you wish. An Open meeting conducted in Spanish is available on Wednesdays for Spanish speaking participants. (*Questions regarding the examples given, the spottings (tools) or general information will be addressed at the appropriate time during the meetings.*)
- 3) As you become familiar with the R.I. method you may wish to share an example at one of the Open meetings. Writing out your example on the Example Worksheet ahead of time may help you feel more comfortable and confident. Keep in mind that the meeting leader is there to gently guide you if necessary.
- 4) Once you have attended at least 6 meetings (a combination of Intro and Open) you may wish to become a paid member of Abraham Low Self Help Systems (ALSHS.) The present cost for a one year membership is \$30.00. Once membership has been established you are entitled to attend many more meetings each week in addition to Open meetings.
- 5) Membership meetings include: Assigned Group Meetings, Supplemental Meetings, R.I. Discovery and Special Focus Group Meetings. *A more comprehensive explanation of these meeting types can be found on the Telephone Meeting Schedule.*

***Congratulations for Putting Forth the Effort to Better Mental Health!***