

What You Can Expect at a RI Online Meeting

- There are different types of meetings on RI Online Chat room. There are RI Meetings where we “read” from Dr Low and follow the normal procedures for any Recovery meeting. These take place in Meeting Room 1. Just double click on Meeting Room 1 on the left hand side and you will get transported there. There are also Hosted Chats where somebody is the Host and will answer any questions or give mutual aid. Sometimes people just chat here. If you want mutual aid or help with spotting your anger please let the Host know and they will help you out. We make a business of our mental health in the on line chat room but we have fun also. Also there are unhosted chats where nobody is the host. These are great if you just need a little pick up during the day or night. Please note that during unhosted chat times there might not be anybody in the room except yourself. Stay online for 15 minutes and somebody will probably come in.
- If you enter the chat room, especially meeting room 1, expect that somebody may be giving an example. The leader will acknowledge you when you come in and let you know there is an example in progress. Please respect this person's example time just like we will respect your time when you give an example.
- We have regular meetings for the purpose of teaching people the basics of Recovery and on line chat and meetings for instructing people how to be leaders to themselves and the chat room.
- Scheduled meetings will start and end on time. You are encouraged to stay for the entire meeting if possible.
- Once entered into the chat room please stay in the room. Clicking on any links in or outside the chat room will navigate you from the chat page. If you click any of the links on the left side of the chat room page you will be navigated from the chat room and you will have to re-enter to come back in.
- You will be able to cut and paste examples or tools during the example portion of the meeting, please have your documents ready to cut and paste on your computer. It is helpful to have an example worksheet filled out and ready to be shared before the meeting begins.
- During the meeting have your example outline, sample of tools and terms list easily available.
- Meetings are facilitated by volunteer leaders trained to demonstrate the Recovery International Method.
- A Recovery International meeting is a safe place to share. All personal information disclosed during meetings is held in strict confidence.

- All Recovery International Scheduled meetings follow a standard, structured format.
- RI literature, membership information and materials are available at <http://www.lowselfhelpsystems.org/meetings/meetings-materials.asp> .
- Daily quotes from Dr. Low are available by signing up for the “The Wisdom of Dr. Low” at <http://www.lowselfhelpsystems.org/system/dailywisdom.asp> .
- We encourage you to enter the website with the group and to participate. Until you are ready to participate, simply type “I pass”.
- We do not interrupt the individual typing and we wait respectfully for our turn to type.
- We do not use offensive language.
- We don’t offer advice, criticize, judge, analyze or make negative comments.
- We keep comments and spotting tools brief in order to have time for all to participate.
- You will have an opportunity to ask questions or make comments.
- We don’t discuss politics, sex, religion, medication or legal issues in our meetings.
- We are not mental health experts or trained professionals. We are people who practice the RI self-help techniques. We don’t diagnose, comment or advise on diagnoses, treatment plans or your medications.
- We give you tools and training that will help you lead a full and peaceful life

Thanks for coming and we encourage you to come again.

If you have questions, comments or e-mail Brooks@lowselfhelpsystems.org