Lessons Learned for Back to Basics

General Set Up;

- Find a neutral place to hold the sessions, no treatment centers, detox, district buildings, meetings, clubs, intergroups. Find someplace completely neutral so that you are not associated with any already existing AA entity. (Centrally located in city if possible)
- Large room with U shaped table set up with two facilitators at the front of the room
  - Be prepared for 30-40, even if you only get 5-10
    - If you have small group, remove tables and chairs, get everyone close...
- Coffee, Cups, Sugar, Creamer, notebooks, pens, etc...
- Have enough back to basics books so that everyone can follow along in the book. Some back to basics sessions have the participants highlight the sections, this often takes their attention away from what is being read. (Best to buy these in bulk of 40 if possible). This is a large outlay to start but allows all the follow along and does not require people to search around in the big book for quotes.
- Participants should not have to buy a book. They can if they want, but they should not have to. Also, sell the books at cost ($10). There is no need to make money off of these.
- Pass the basket at each session: This money should go to buying supplies and printing handouts that are used during the workshop.
- Open facility at least ½ hour early, tell persons at the first session they can come early and highlight their big books if they want.
- Each facilitator should have a leadership book which is basically the same as the back to basics book but bigger. Large book allows you to make notes and change some items as you go to make your workshops better.
- Try to always rotate facilitators, give as many people as possible a chance to facilitate! We do not want facilitators to become personalities!
- Anyone that shows up at the 2nd session can still take the first step and go forward. Anyone that wants to start at the 3rd session should be pointed to the start of the next workshop date
- First session is about 50 minutes, others are about 1 hour and 15 minutes

Session 1 (get flyers out 2 weeks ahead of time, send note to intergroup and district)

- Each person should have something to write with and a notebook (small note pad)
Before session match partners up (remove this element from the leadership book, skip over when you get to it)

Start with serenity prayer, read history story (Good to read a story that has to do with the steps that will be talked about)

Ask people to use the bathroom and get drink before you start. Reminder on cell phones, etc..

Explain back to basics: Explain what the money goes to (all money goes to pay for facility after print and coffee). No prudent reserve is created because this is a workshop and not a meeting. Explain what each session is and what will be done (which steps which sessions)

At the end: Explain that the partners should call each other and go to a meeting with each other if possible before the next session

### Session 2

- Each person should have something to write with and a notebook (small note pad), 2 blank 4th step sheets and an example filled out 4th step sheet
- Read story, at the end of the session take the example and talk about how it is filled out. Talk about lessons learned, makes sure they realize 4th step is not about beating yourself up, it is about fact finding process to find and be rid of the things that are keeping us from being happy. Don’t leave out sex, if you owe a lot of money pay a little, start with your family and work your way out. Give yourself 3-4 hours to complete.
- Have the partners commit to a time and place for the 4th and 5th before they leave
- Explain that they need to have it done before the next session!

### Session 3

- Each person should have something to write with and a notebook (small note pad), the “How to talk to God” pamphlet.
- Read story
- Have people share on their 4th step experience
- At the end of session, each person should make as many amends as possible before the next week and start two-way prayer

### Session 4

- Each person should have something to write with and a notebook (small note pad), 1944 Clarence S sponsor pamphlet, sponsor paper, GSO sponsor pamphlet (if you have them), flyer for the next B2B, Service listing,
- Have people share on their amends experiences
- Experience two-way prayer (Have people share on that experience)
- At the end of the session stress that everyone has had the experience, B2B is just the beginning to a wonderful new life, but they must continue to come back. Challenge them to bring someone to the next session.