

## CPA MEETING FORMAT

1. Before we begin, we would like to ask that all cell phones be turned off.
2. Welcome to the \_\_\_\_\_ meeting of Chronic Pain Anonymous. My name is \_\_\_\_\_ and I live with chronic pain and illness. Let's begin the meeting with a moment of silence, followed by the Serenity Prayer.

SERENITY PRAYER: God, Grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference. Thy will, not mine, be done.

3. [Hand out Preamble, Steps and Traditions.]
  - (Name), please read the Preamble.
  - (Name), please to read the Twelve Steps of CPA.
  - (Name), please read the Twelve Traditions of CPA. (Some groups only read the Tradition corresponding with the current month).
4. Let's introduce ourselves by first name only. If you are new to the group, please let us know so we can welcome you. (If there is a newcomer, ask "Would someone like to give a newcomer's welcome?")
5. In observing Tradition Seven, we have no dues or fees in CPA. We are self-supporting, declining outside contributions. Your donations help pay for literature, rent for this room and other services incurred by the group. A portion of your contribution also goes to support CPA Service Board.
6. Are there any CPA related announcements?

7. This is a (study,step,etc ) group. We will discuss the CPA Twelve Steps and Traditions, exploring ways to apply the program to living with chronic pain and chronic illness. We are currently reading \_\_\_\_\_.

In CPA we concentrate on our feelings and attitudes about our situation rather than on the details of the situation. We reflect on how chronic illness and chronic pain have affected our thinking and our behavior. We look at the part we play in our problems and how the Twelve Steps can guide us toward recovery from the obsession on our chronic illness and chronic pain. When we focus on ways to apply the principles of the program in our daily lives we discover that our changed attitudes and actions can lead us to a meaningful life of peace and serenity.

In our meetings we avoid discussions about specific doctors, medications, therapies, insurance providers, the health care system or religion. We refrain from giving medical advice and if referring to our own medical issues we find it is best to keep to general terms. When we share we guard against crosstalk, when one person responds directly to another who has shared, this is crosstalk.

8. We come together to share our experience, strength and hope freely without interruption or fear of being judged. Our sharing time should be limited to \_\_\_\_\_ minutes so that all will have the opportunity to speak.
9. This meeting ends at \_\_\_\_\_.

## CLOSING

In closing, I'd like to remind everyone that the opinions expressed here were strictly those of the person that spoke. Take what you want and leave the rest. Things that were shared here were done so in confidence. Please let what you heard here, stay here. If you are new to CPA we encourage you to keep coming back. We have found that while our health challenges may differ, how they affect us is often similar. Although today we may be feeling at our worst, in CPA we see the best in each other. And, with time and the love and support we have found here, we begin to see the best in ourselves.

Will all who care to join me in the Closing Words?

*Suggested closing:*

1. Serenity Prayer.
2. This adapted prayer is used in some meetings:

May our Higher Power bless us and keep us.  
May our Higher Power make his face shine upon us,  
Be gracious to us,  
and may he turn his face toward us and give us peace.