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# WOMEN'S BIG BOOK WORKSHOP

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## PARTICIPANT AGREEMENT

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**Purpose:** This workshop is structured so that a group of individuals will receive instructions for working all Twelve Steps as contained in the Big Book "Alcoholics Anonymous".

**Textbooks:** Alcoholics Anonymous – Fourth Edition; Twelve Steps and Twelve Traditions

**Method:** The participants meet weekly on Zoom for one and a half hours for several months. There are assignments of prayer, reading, listening, reflection, and writing. Although there is group discussion, no one is required to share. Only those who volunteer are called on to participate. Some meetings will have a specific rotation of sharing.

**Assignments:** There are work assignments given at each workshop to support and strengthen your recovery journey. Whatever you manage to get to – it will be enough!

**Results:** The goal of this process is a personal SPIRITUAL AWAKENING – a change in the way each participant thinks, feels, and behaves. However, each person will have their own experience. Most people who have completed this process have found it helpful.

**Process:** Is the process challenging? Yes! The application of the process can be challenging. Some of this activity, especially the inventories, may produce uncomfortable feelings around unresolved issues. At times, during your personal work, you may experience periods of sadness, anger, or fear. If your personal efforts don't resolve these feelings, you may find it helpful to seek out some professional help.

**Facilitator:** Jo B has been an active participant in a 12 Step Fellowship for over 29 years and leading recovery based workshops for many years. Recovery comes in many forms – where is your next recovery journey going to be? Jo is not an authority on the book "Alcoholics Anonymous", Psychology, or Spirituality. She is a volunteer. Her wish is to support you in your life's journey. In this workshop Jo is your step guide and facilitator.

**Confidentiality:** There is no guarantee of confidentiality with your information or the personal comments that are shared in the workshop recordings. However, we do take efforts to respect your information. Each individual decides for themselves if they wish to share publicly. There is also the option to ask questions and participate more anonymously via the zoom chat.

**Consent:** I have read this Participant Agreement. I acknowledge that my participation in this workshop is voluntary. I understand that there will be personal work assignments and that workshop participation is totally voluntary. I also understand that, although this workshop is intended to help me grow personally, it may at times be difficult and uncomfortable. In no way do I hold the workshop facilitator responsible for any positive or negative results during or after participation in this workshop.

I HAVE READ, UNDERSTOOD, AND AGREE TO THE ABOVE. MY WORKSHOP REGISTRATION CONFIRMS THIS.