

Lesson Plan - Session 7 – Step One – First Step, continued

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch-up sharing, if any</p> <p>Questions from prior session</p> <p>Sharing around Step 1 preparation</p> <p>Introduce Exercise S1-5, First Step Experience</p>
0:05	Catch-up sharing, if any
0:10	<p>Questions from prior session</p> <p>Questions from Step 1 reading</p> <p>Questions regarding drafting of first step</p> <p>Struggles</p> <p>Breakthroughs</p> <p>Questions regarding format of meeting where Step 1 is shared</p> <p>Share experiences or feelings as part of Step 1 work</p>
1:00	<p>Discuss Exercise S1-5, First Step Experience, pages 82-84</p> <p>Expect emotional letdown following giving Step 1</p> <p>Communicate with others in the group; attend meetings</p> <p>Write a journal entry/prayer regarding your First Step experience (Exercise S1-5)</p>
1:20	<p>Assignments – varies for each man depending on prior progress</p> <p>Review the assignments on the Overview for the next session.</p> <p>Finalize Step 1</p> <p>Schedule Step 1 meeting</p> <p>Deliver Step 1</p> <p>Write First Step Experience (Exercise S1-5)</p> <p>If all of the above are complete, read Step 2</p> <p>Final questions or comments</p>
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

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Leader Discussion Notes

Main objective for today's session – Provide the support necessary to enable each man to complete Step 1. Answer questions. Allow other men in the group to share their experiences.

This session will be somewhat less structured than most sessions. It is expected that members of the group will be at various places in working step 1:

- Still drafting Step 1
- Revising Step 1 drafts
- Approved to give Step 1:
 - Waiting to give
 - Have given, but not completed Exercise S1-5, written first step experience
 - Have given and written S1-5

As a result, leader must attempt to meet each man where he is. Other group members may share struggles or breakthroughs at each stage of their Step 1 work.

Thought to share

After clinical disclosure or First Step – people know you. Not the mask; the person behind the mask. When one of these people say they love you, they love the all of you. They may intensely dislike things you have done, but they love you.

Thoughts on hearing a First Step; sharing afterwards

- It takes a lot of courage to share the powerlessness and unmanageability in your life; listen and respond with empathy
- It is really difficult to share when you have long been covered in shame; listen and respond with empathy
- Thank the person for sharing. Appreciate honesty, candor, and vulnerability
- The details of each man's story are unique
- The broad outlines include many themes shared by other men – dishonesty, gaslighting, wasted time, indifference to others, etc.
- Help grieve the loss of relationships, time, etc.
- Express hope for next step in recovery
- Pray for him to experience God's grace and mercy that has been extended to you.