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Recovery is contagious; relapse is not!*

I'm going to drive to that workshop – do you want a lift?

Our meeting limits sharing to 3 minutes so everyone has a chance to speak.

I was tempted to offer advice when Ray shared last night, but I'm glad I just listened!

My home group appointed me the 12th Step Within rep. Keeping in touch with struggling members has strengthened my own recovery.

It made it so much easier to find a sponsor when our group started asking willing sponsors to stand up.

I started a special interest meeting; "Speak Out About Relapse".

We knew Justine couldn't leave home, so we took the meeting to her.

I hadn't seen Clare at a meeting for a while, so I gave her a call.

There are more ideas for how you can carry the message in the Twelfth-Step-Within Handbook.

What could YOU do?

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