**DUAL DIAGNOSIS CMA – CHAIR’S SCRIPT**

Hello, everyone my name is \_\_\_\_\_\_\_\_\_ and I am a dually diagnosed crystal meth addict. If you’re looking for a new way of life free from using, you’re in the right place.

At this time, please place yourself on mute (click the mute icon) and refrain from using other electronics devices in order to preserve the primary purpose of this meeting.

We begin with some readings which will be on your screen:

Would someone please read “What is Dual Diagnosis CMA”?

Would someone please read “The 12 steps of DD CMA”?

Would someone please read “The 5 steps of Dual Diagnosis“?

Would someone please read the “Tradition of the Month”?

Before we dive into the topic of the meeting, I’d like to ask if this is your first ever CMA meeting, your first time at this meeting, or if you’re calling in from outside the DC area, would you please introduce yourself by your first name so that we may get to know you?

[Pause]

For the newcomer, we have found that together, one day at a time, we do recover. We are recovering addicts who have suffered the devastation of addiction and are willing to share our experience, strength, and hope with you. If you’re new and looking for help, just ask in the chat box and somebody will get in touch with you. For more information about the unique features of dual-diagnosis CMA, please visit our website at dccma.com/dualdiagnosis

[Paste in chat window: <https://dccma.com/dualdiagnosis> ]

Before opening the meeting, I’d like to remind you to avoid language that glorifies drug use or drug driven sex. Also, we do not have a time-keeper at this meeting, so please be mindful of how much time you use.

Topics for the DD CMA meeting:

DD CMA is a meeting where we discuss a variety of topics related to our addiction and mental disorders. We will now have a fellow choose a number between 1 and 28. That number reflects the topic of the meeting.

1. Abstinence from all non-prescribed drugs
2. Accepting limitations
3. Dealing with stress
4. Fellowship
5. Hope
6. Mindfulness
7. Perseverance
8. Prescribed medications in recovery
9. PTSD
10. Setting and achieving goals
11. Shame
12. Spirituality
13. Stigma of being dually-diagnosed
14. Trauma
15. Acceptance
16. Challenges with my diagnosis
17. Exercise
18. Gratitude
19. Medications / Medication side effects
20. Patience
21. Positive outlets
22. Psychiatric hospitalizations
23. Routine
24. Serenity
25. Sleep Hygiene
26. Sponsors

27 Therapy

28 Working the steps

At this meeting, you may share about the topic chosen or where you are in your recovery. Please raise your hand if you’d like to share, and I will call on you (see the participants box).  The meeting is now open.

[At 6:30, break for half-time, hand meeting over to the Secretary]

[5 minutes before end of meeting]

We are nearing the end of the meeting, but we always save time for burning desires. That is, if you think you’re going to hurt yourself, hurt someone else, or use after the meeting, this is your time to share.  We take this time seriously.

[open meeting again if time permits]

We’ve come to the end of the meeting. If you didn’t get a chance to share, we’ll remain online here for a bit fellowship. I’d like to thank everyone for attending, everyone who read, and everyone who shared a day count.

And we have a great way to close:

“God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference”