

Self Help Meeting Summary Form

Please write a paragraph summarizing your experience in this Self Help meeting. The first sentence should be the discussion topic of the meeting. Then write four additional sentences of how the meeting added to your recovery. Focus on your experience, reactions, and recovery in the summary. Do not mention specific names in your summary. Write in general terms. **NOTE: Shared, talked, N/A etc. are not sufficient responses.**

Make sure to fill out each portion correctly, especially the date and time! If you are missing anything and/or do not fill out a full paragraph for each meeting, you will be subject to a sanction.

Meeting 1

Name: _____ Date/Time: _____ Phase: _____

Group Name: _____ Chairperson Signature: _____

Meeting 2

Name: _____ Date/Time: _____ Phase: _____

Group Name: _____ Chairperson Signature: _____

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Meeting 3

Name: _____ Date/Time: _____ Phase: _____

Group Name: _____ Chairperson Signature: _____

Meeting 4

Name: _____ Date/Time: _____ Phase: _____

Group Name: _____ Chairperson Signature: _____
