

Results-Focused Step work

Workshop Series

A 15week workshop concentrating on the results of step work rather than the methods.

Examples will mainly be AI-Anon issues, but the meetings are open to anyone, regardless of what version of the steps you use or what type of problem you are addressing.

There will be a presentation each week, with discussion and examples. Each participant will choose a problem to work through during the 15 weeks. Between meetings, we will fill in a part of this worksheet

<https://secularovereaters.org/wp-content/uploads/2023/06/SO-12SP-060223.pdf> with our work on our problem.

We will do approximately one step per week. (See schedule below.) In our meetings, each person can share as much or as little of their work as they choose (within time limits).

time: 7-8 ET Tues start 10/24

Resources:

<https://secularovereaters.org/wp-content/uploads/2023/06/SO-12SP-060223.pdf> - the worksheet we're using

<https://rivenwoodbooks.com/WriteYourOwn.pdf> - 17 pages with more detail on results-focused work

<https://rivenwoodbooks.com/Workshop/methods.rtf> - list of ways people use to do the work

<https://rivenwoodbooks.com/results/resultsFocused.mp3> - 18 minute podcast with an intro to results-focused work

<https://rivenwoodbooks.com/Workshop/Week1.mp4> - video of week 1

<https://rivenwoodbooks.com/Workshop/results.html> - synopsis for telling people about this approach

Structure:

DISCUSSION covers all types of work, inside and outside this workshop. But the problem you choose to work through should be one you can solve in three months! We might collect ideas for ways to do the work, but will not delve into these methods. Rather, discussion will focus on results.

STANDARD TREATMENT:

Discuss the work done during the week.

Read the next step. Chia embellish, give examples, answer questions. J&J give any examples they want.

During the week: Fill in worksheet for this step.

Week 1 Intro to functional approach. - Presentation and discussion.

Look at worksheet. Make sure everyone understands.

Stepless results?? (depending on time)

During the week: Think about the results you've experienced or the ones you need. Are there any you missed? Are there any I missed?

Optional: Read *Write Your Own*

If you invite anyone to join in future, ask them to watch the video of this session so they will be oriented.

10/31 Step 0, standard treatment. Give out list of methods.

11/7 Step 1, standard treatment.

- 11/14 Step 2, standard treatment.
- 11/21 Step 3, standard treatment.
- 11/28 Step 4, standard treatment.
- 12/5 Step 5 - Give away any part of step 4 in optional breakout room--limited time. Otherwise discuss in main room.
- 12/12 Step 6 - identifying need driving behavior, standard treatment.
- 12/19 Step 6 - working through investment in the status quo, standard treatment.
- 12/26 Step 7 My approach, other approaches, brainstorm each person's need-I statements! no cross talk
During the week: work on step 7.
- 1/2 finish brainstorms
During the week: work on step 7.
- 1/9 Step 8, standard treatment.
- 1/16 Step 9, 10, standard treatment.
- 1/23 Step 11, 12, standard treatment.
- 1/30 In case we fall behind plus post mortem and where do we go from here.