



# Dual Diagnosis Anonymous of Oregon

Meeting Format & Readings<sup>©</sup>

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# DUAL DIAGNOSIS ANONYMOUS

## MEETING FORMAT

Welcome to Dual Diagnosis Anonymous. My name is \_\_\_\_\_  
and I am dually diagnosed. I will be your chairperson for this meeting.

I have asked a friend to read the Five Rules of Respect of Dual Diagnosis Anonymous.

Would any visitors or anyone here for the first time please introduce yourselves and let us know how you heard about DDA? Welcome!

I have asked a friend to read the Preamble of Dual Diagnosis Anonymous.

I have asked a friend to read the Opening Thought of Dual Diagnosis Anonymous.

I have asked a friend to read the Twelve Steps of Dual Diagnosis Anonymous.

I have asked a friend to read the Five Steps of Dual Diagnosis Anonymous.

(On the first meeting of the month) I have asked a friend to read The Twelve Traditions of Dual Diagnosis Anonymous.

Chairperson may choose a topic, or decide on an open meeting, and then share their personal experience of strength and hope in Dual Diagnosis Anonymous Recovery.

**Chairperson:** (After sharing) Our meeting is now open for discussion. Feel free to discuss the topic or any other issues related to dual diagnosis, and please limit your sharing to five to ten minutes, so others have an opportunity to share. (Usually, this occurs in a round robin format, which allows each group member an opportunity to share, or pass.)

**Chairperson:** (With about 15 mins remaining) I will now turn the meeting over to our secretary.

**Secretary:** We have no dues or fees this DDA Chapter strives to fully self-supported through our own contributions. (Donation basket is passed) \*Each chapter should maintain a prudent reserve according to group consciousness; funds in excess may be sent to DDA.

**Secretary:** We would like to encourage all of you to submit your testimony, either online, or handwritten and let DDA know how this program has helped you in your recovery journey. This is strictly anonymous, but very helpful for those seeking hope and recovery from mental health and/or addiction challenges. Please connect with me after the meeting if you intend to do so and/or any other questions you may have regarding DDA.

**Secretary:** DDA has a private chatroom and resource group on Facebook, please join for support in between meetings, resources and important updates from DDA.

**Secretary:** Are there any other announcements or anyone celebrating clean time?

**Secretary:** I will now turn the meeting back over to the Chairperson.

**Chairperson:** (With 5-10 minutes remaining) I'm sorry, our time is almost up. Are there any burning desires to share?

**Chairperson:** I have asked a friend to read "Just For Today In DDA".

**Chairperson:** We will now close our meeting in the usual way, please form a circle for The Serenity Prayer.

End of Meeting.

# DUAL DIAGNOSIS ANONYMOUS

## THE FIVE RULES OF RESPECT

1. First, and most importantly, who you see here and what is said here, let it stay here! (Here! Here!) Confidentiality and anonymity are the spiritual foundations that keep our recovery possible.

2. Questions and answers are welcome and positive feedback is given, when asked for.

3. Keep it real.

4. Try not to disrupt the group.

5. It is OK to pass, if you do not wish to share.

# DUAL DIAGNOSIS ANONYMOUS

## PREAMBLE

Dual Diagnosis Anonymous is a fellowship of persons who share their experiences, strengths, weaknesses, feelings, fears, and hopes with one another to resolve our dual diagnosis, and/or learn to live at peace with unresolved problems. The only requirement for membership in DDA is a desire to develop healthy addiction free lifestyles and help others.

# DUAL DIAGNOSIS ANONYMOUS

## OPENING THOUGHT

Dual Diagnosis Anonymous is a program of simplicity. This simplicity is based on a modified version of the 12 Steps of AA plus the additional Five Steps of DDA. Regular attendance at these meetings, as well as the application of these simple Steps, provides us with the spiritual support needed for our dual diagnosis.

Recognizing the danger of dwelling on past regrets, and the anxiety associated with undue concern for the future, we remain focused on today by living one day at a time.

We make every effort to maintain the serenity of accepting life on life's terms;

The courage to persevere in our recovery;  
And the wisdom to make healthy choices that contribute to a more meaningful addiction free lifestyle.

# DUAL DIAGNOSIS ANONYMOUS

## THE TWELVE STEPS

1. We admitted we were powerless over our dual diagnosis, and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power, as we understood this Power greater than ourselves.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have our Higher Power remove all these defects of character.
7. Humbly asked our Higher Power to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a Higher Power as we understood this, praying only for knowledge of our Higher Power's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we carried this message to others who still experience the effects of dual diagnosis, and to practice these principles in all our affairs.

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# DUAL DIAGNOSIS ANONYMOUS

## THE FIVE STEPS

1. We admitted that we had a mental health condition, in addition to our addiction, and we accepted our dual diagnosis.
2. We became willing to accept help for both of these diseases.
3. We have understood the role of medication, including its risks and benefits, the importance of clinical interventions and therapies, and we have accepted the need for sobriety from alcohol and abstinence from all non-prescribed drugs in our program.
4. We came to believe that when our own efforts were combined with the help of others in the fellowship of DDA, and our Higher Power, we would develop addiction free lifestyles.
5. We continued to follow the DDA Recovery Program of the Twelve Steps plus Five managing our wellbeing, a healthy addiction free lifestyle, and helped others.

# JUST FOR TODAY IN DDA

Just for today I will focus on my DDA recovery program of the 12 Steps Plus Five.

Just for today I will remain clean and sober and if I am taking medication I will do so as prescribed.

Just for today I will keep an open mind and be willing to listen to the advice of my DDA support group, my prescriber, and my clinician.

Just for today I will allow myself to have faith in someone in the DDA program who has faith in me and my recovery.

Just for today I will have a program. I recognize that I will make mistakes along the way, but I will follow the DDA program to the best of my ability.

Just for today I will utilize the DDA program of shared experiences, strength, solidarity, and hope in order to gain a better perspective on my life.

Just for today I will not dwell on the past nor place undue concern on the future.

Just for today I will not grant fear or worry space in my thoughts. By choosing to live 'One Day at A Time' and by following the principles of DDA I need not be afraid.

Just for today I will see HOW working an honest program is helping others and allow the blessings of my Higher Power to flow throughout my life.

Just for today I will allow myself to be me. I will accept myself for whom and where I am. I will allow others the same courtesy, that they may be free to grow, and that I may be freed from the burden of resentment.

Just for today I will 'Live and Let Live.' If I become unable to do this, then I will place trust in my Higher Power and remind myself to just 'Let Go and Let God.'

Just for today I will live 'Life on Life's Terms.' And by doing so I will recognize when I need support for symptoms of my dual diagnosis or when I am in danger of relapse and I will seek help from the fellowship of DDA, my Higher Power, my prescriber, and my clinician.

## JUST FOR TODAY

DUAL DIAGNOSIS ANONYMOUS

P.O.Box 2883

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# DUAL DIAGNOSIS ANONYMOUS

## THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon DDA Unity.
2. For our group purpose, there is but one ultimate authority - a loving Higher Power, as expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for DDA Membership is a desire to develop healthy addiction free lifestyles.
4. Each DDA group should be autonomous except in matters affecting other groups, events, support and/or DDA as a whole.
5. Each DDA group has one primary purpose - to carry its message of hope and recovery to those who still experience the effects of Dual Diagnosis.
6. DDA, as such, ought to exercise extreme caution and only with DDA's board permission in rare occasions, to endorse, finance, or lend the DDA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from primary purpose.
7. DDA, as such, ought to exercise extreme caution and diligence in accepting outside contributions or other sources of funding, lest we be distracted from our primary purpose. Every local chapter of DDA should strive to be self-supporting.
8. Dual Diagnosis Anonymous should remain forever non-professional, but our service centers will employ special workers, i.e. directors, managers, coordinators, and facilitators.
9. DDA, as such, will create a board of directors, advisory boards, service boards and committees directly responsible to DDA and those DDA serves.
10. Dual Diagnosis Anonymous has no opinion on outside issues; hence the DDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction, rather than promotion. Our group consciousness reveals that this policy is founded upon the principle that DDAers do recover and that this recovery is evidenced among us in the quality and life satisfaction of those of us who follow the DDA way.
12. Confidentiality and Anonymity are the spiritual foundations of all our traditions ever reminding us that trust is a cornerstone of our fellowship and to place principles before personalities.

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