



MEETING GUIDELINES

- No recording of meetings is permitted or endorsed by Unhinged Recovery on any device or by any means.
- -If you are currently intoxicated or under the influence of any substance: We're genuinely glad you're here. Recovery begins with showing up, and we want you to keep coming back. We do ask that you remain muted and refrain from sharing during the meeting. Signs of intoxication are often more noticeable than we realize, especially in a room full of people who have been there themselves. If you'd like support, please send a private message to me or <>, and we'll be happy to connect with you after the meeting. If necessary, this guideline may be enforced by removing a participant from the meeting.
- -Respect anonymity: This is your time to focus on your own recovery. While other people may be part of your story, we ask that you keep your share centered on your own experiences, thoughts, and growth.

This is not the place to discuss someone else's addiction, recovery, or personal struggles.

- -No cross talk: Please do not interrupt another person's share or offer unsolicited advice or suggestions. If you have feedback that you think may be helpful, ask the participant if they are open to hearing it before offering it. Our goal is to make sure everyone feels heard, respected, and safe while sharing.
- Be mindful if your share starts to get a little long; we want to give everyone the opportunity to speak!
- Be respectful and refrain from hate speech, insults, or provoking others. This includes public and private chats.
- No zooming and driving! Just listen with your camera off until you have parked.
- We do provide an attendance slip after the meeting.