

Input for Updates to IP #21 *The Loner—Staying Clean in Isolation*

Session materials:

- PowerPoint: *The Loner* Input Workshop
- Note sheets for participants
- Optional: Copies of Informational Pamphlet #21, *The Loner—Staying Clean in Isolation*
 - Text is built into the PowerPoint
 - Can be viewed here: na.org/IPs
 - Or purchased here: na.org/webstore
- Optional: Chart paper

Background & Context

Slide 1: Title Slide

The purpose of this workshop is to review Informational Pamphlet (IP) #21, *The Loner—Staying Clean in Isolation*, discuss each section, and think together about possible revisions. Following this workshop (or during it if you're on a connected device), *please* submit your input to na.org/survey. I'll remind you of this at the end of the workshop but mention it now since it may focus your participation and note-taking.

Slide 2: Background on The Loner

The Loner was written in 1986, long before internet technology or pocket-sized computers made online and virtual connections possible. Needless to say, this IP is very outdated. We do not revise IPs very often and are gratified that the Fellowship approved this project at WSC 2020. To revise and update this pamphlet, we need to gather current experience from members who have experienced recovering as a “loner” in the past or present. We hope that a revised IP will reflect members' experiences and be relevant to other members looking for experience, strength, hope, and a new way of life.

The global pandemic has given many more of us experience with recovering in isolation. We ask that you share your experience with recovering in isolation with us to help to shape the direction of updates to the IP. Reading the IP as currently published will provide a sound basis for your ideas.

Slide 3: Consider—3 key questions

In the course of this workshop, we'll read and discuss the six sections of the current IP. Before we dive into that, let's begin with the end in mind: These are the three key questions you'll find in the survey at na.org/survey.

1. What are the two or three most important ideas you'd like conveyed in this pamphlet?
2. What suggestions for connecting with the Fellowship would you want included in this IP?
3. What was a significant experience you had with being a loner in recovery?

If there is anything else you would like us to consider, there's a fourth catch-all question where you can note it.

Suggestions for reading & discussing the current text

Slide 4-21: IP text & discussion

Slides 4-21 contain the text from the IP with “Pause to reflect and discuss” icons at the end of each section. Offering note sheets or scratch paper may help participants capture their thoughts as they occur. Each section of the note sheet provides space for noting what works (+), what doesn’t work (-), and any changes (∇) they’d like to recommend.

Here’s one approach to reading and discussing the text of the IP as currently published:

- Have a volunteer read one section
- Pause to give participants a moment to jot down their thoughts
- Have a few people share their responses
- Move on to the next section and do the same.

Chart paper, if available, would allow facilitators to capture ideas and suggestions as they come up in conversation as well as in the final discussion slide. You might caption four pieces as follows:

- Most important points
- Suggestions for connecting
- Significant experience
- Anything else?

Alternatively, you could ask members to read the IP independently. This would allow you to focus your time together on their responses to each section and thoughts on the three key questions.

Discuss the Three Key Questions

Slide 22: Discuss the 3 key survey questions

1. What are the two or three most important ideas you’d like conveyed in this pamphlet?
2. What suggestions for connecting with the Fellowship would you want included in this IP?
3. What was a significant experience you had with being a loner in recovery?

If chart paper is available, the facilitator or scribe can note members’ responses. Suggestions that don’t relate to one of these questions could be captured on a fourth sheet of chart paper captioned “Anything else?”

Conclusion

Slide 23: Thank you!

Thank everyone for participating. Encourage folks to take a moment to submit their input at www.na.org/survey. Those on connected devices might do it right then and there! If not, please encourage everybody to offer their specific experience and perspectives as soon as possible. We also hope that workshop facilitators will submit the compiled experience of the group.

The survey will be posted and available through 31 August 2022.

Materials for this and other workshops can be found at www.na.org/idt.