

## **Mental Health Anonymous Meeting Script**

### **Opening Statement:**

Welcome to this meeting of Mental Health Anonymous (M.H.A.). My name is [Your Name], and I am a grateful member of this fellowship.

Before we begin, please take a moment to silence any electronic devices that may distract from the meeting.

In Mental Health Anonymous, we believe that we are powerless over our own negative thinking patterns, false and limiting beliefs, and compulsive mental health issues. We also believe that when we are not connected to ourselves or a Higher Power, that is when our own mental health problems and issues arise.

Negative thinking patterns, limiting and false beliefs, and compulsive mental health issues are all ways to bring people down. Our thoughts are connected to our emotions, which are connected to our actions. When we have a negative thought, we have a negative emotion, and then we act out in a negative way. Our mind, body, and soul are inextricably inter-connected.

As this behavior becomes more regular, we can literally become addicted to our own negative thoughts, emotions, and actions. Usually, this stems from childhood pain or grief, but it can also be a result of adulthood, as we take on more and more responsibilities and start to feel overwhelmed.

Instead of trying on our own will to fix or change our thoughts, emotions, or actions, we turn to a Higher Power, trusting that this Power can relieve us of our burdens.

This brings us to the foundation of recovery:

- **Step 1:** We admit powerlessness over our emotions, thoughts, and compulsive mental health issues.
- **Step 2:** We come to believe that a Higher Power can restore us to sanity.
- **Step 3:** We turn our will and our lives over to the care of this Higher Power.

Through the following steps, we take an inventory of our past, make amends where necessary, and maintain our mental, emotional, and physical sobriety through prayer, meditation, attending meetings, and helping others.

This is a process, not an overnight success. We take it One Day At a Time, each day turning our negative thinking patterns, emotions, and actions over to a loving Higher Power.

We also learn to be our own loving SOULmate. This means becoming our own best friend and supporting ourselves in times of need. When we seek comfort, we can attend a meeting, reach out to an outreach person or sponsor, engage in self-care, or take time for rest and renewal.

Please join us in this endeavor. It is not an easy road, but it is one worth taking.

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### **The 12 Steps of Mental Health Anonymous:**

1. We admitted we were powerless over our negative thinking patterns, our false and limiting beliefs, and our compulsive mental health issues—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 God as we understood Him.
  4. Made a searching and fearless moral inventory of ourselves.
  5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
  6. Were entirely ready to have God remove all these defects of character.
  7. Humbly asked Him 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 God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
  12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.
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#### **The 12 Traditions of Mental Health Anonymous:**

1. Our common welfare should come first; personal recovery depends upon M.H.A. unity.
2. For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for M.H.A. membership is a desire to stop our negative thinking patterns, our false and limited beliefs, and our compulsive mental health issues.
4. Each group should be autonomous except in matters affecting other groups or M.H.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the person who still suffers.
6. An M.H.A. group ought never endorse, finance, or lend the M.H.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every M.H.A. group ought to be fully self-supporting, declining outside contributions.

8. Mental Health Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. M.H.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Mental Health Anonymous has no opinion on outside issues; hence the M.H.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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### **Sponsorship:**

Sponsorship is an essential part of recovery in M.H.A. A sponsor is someone who has worked through the 12 Steps and can offer guidance, support, and encouragement to a newcomer. A sponsor shares their own experience, strength, and hope, helping sponsees navigate challenges in their mental health recovery.

If you are new to the program, we encourage you to find a sponsor—someone whose recovery you admire and who is willing to help you through the steps. If you are available to sponsor, please let the group know during sharing time.

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### **Meditation Segment:**

At this time, we will have a **10- to 20-minute meditation** to support our mental health recovery. Meditation helps us center ourselves, quiet the mind, and connect with a Higher Power or inner peace.

Each meeting, we will focus on a different meditation topic, which may include:

- Letting Go of Negativity
- Addiction Recovery
- Mental Health Recovery
- Releasing Trauma and Pain
- Letting Go of Narcissistic Abuse
- Finding Inner Peace

**If you are unsure how to lead a guided meditation on your own,** you can read from a prepared meditation script or use an audio-guided meditation. The important thing is to create a space of peace and healing.

We encourage you to get comfortable, close your eyes if you feel comfortable, and allow yourself to be present in this moment.

[Begin the meditation]

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### **Reading on Mental Health Recovery:**

Before we begin sharing, we will have a reading related to mental health recovery. This reading may come from spiritual literature, recovery books, or personal reflections that support our journey.

Anyone have a specific reading for this topic?

[Pause for the selected reading]

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### **Sharing Time:**

At this time, we invite anyone who wishes to share their thoughts, experiences, or struggles related to their recovery journey. Please remember to keep shares respectful, focused on personal experience, and free from cross-talk or direct advice.

[Pause for sharing]

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### **Gratitude Segment:**

Before we close, let's take a moment to reflect on gratitude. Gratitude is a powerful tool in mental health recovery, helping us shift our focus from what is wrong to what is right in our lives.

Would anyone like to share something they are grateful for today? It can be something small or big—anything that brings light into your life.

[Pause for gratitude sharing]

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### **Closing Statement:**

Thank you all for being here today and for your willingness to share this journey of healing and recovery. Remember, we take this process One Day At a Time.

Would anyone like to share before we close? [Pause for sharing]

We will now close with a moment of silence for those who still suffer, followed by the Serenity Prayer:

*"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."*

Keep coming back—it works if you work it, and you're worth it!

**Meeting Adjourned.**