

## **BACK-TO-BACK MEETING OF TWO**

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The Back-to-Back Meeting of Two is a tool to build listening skills. This tool is not to be used to solve any past or current couple issues. There are other tools for that. This tool will help build an objective perspective of the coupleship. It is a basic tool to be used on a weekly basis. It should be scheduled on a specific day and time of the week.

1. On the day and time that the meeting is scheduled, the leader will call the meeting to order. The meeting leader will be alternated weekly. One week you lead, the next week your partner leads. You will sit not facing each other, but back-to-back with no physical contact. You will “role play” that you are not at the meeting with your partner. When your partner shares you will listen as if someone that you do not know is sharing.

2. This is the Format:

The leader calls the meeting to order. “Welcome to the weekly meeting of two (you can give this meeting a name if you wish) my name is \_\_\_\_\_ and I am in recovery with (say your partner’s name). Please join me with the serenity prayer....” The leader asks others in the meeting to introduce themselves. The leader asks someone to read the Safety Guidelines, or the leader can read them. The sharing begins with each member talking about a feeling that they had during the week. That feeling will not be about the partner or the couple ship. The share will not last more than one minute. The leader will then read a Reflection from the RCA book. The leader will share on that reading then ask others to share. Remember to keep the share less than two minutes (use a timer). The leader will then share a “RCA tenth step”. That goes like this, “I harmed the coupleship when I \_\_\_\_\_” (admit a wrong that you did that harmed your partner or the coupleship ). Then, “my partner helped the relationship when he/she ...”. Acknowledge something your partner did like, have patience with you, not retaliate when you acted out.

This meeting should not last more than 10 minutes. End with the leader’s prayer of choice. There will be no cross talk. You can ask your partner to discuss something they said. They can say yes or no. You can ask to talk that over with your couple-sponsors. They can say yes or no. Both will honor these boundaries.