Serenity Prayer
Read intro
2 main points Chaos and Serenity lol
Explain we will do some group discussion then a short breakout and back to share with the group. Let’s get rolling...

Chaos – What do we mean by chaos? Definition - chart
Show my chart - Creating havoc Around Our Serenity

What are some words that define chaos for you? **Group call outs**

Lets gather some examples of how our lives are (or were) chaotic? **Group call outs** Have someone write them down on the chart. Need enough to use for breakouts.

Why do our alcoholics create chaos? **Story about Myrtle Beach**
Share about my work chaos that I create. Alateen picked fights with dad because it was fun to stir the pot. How about this.... Why do WE create chaos in our lives?

**Group call outs**

*When we have to control, we create the chaos to control*

*I see your attitude and I will raise you one*

Next – does chaos energize you? Maybe – if you are a fixer, or a people pleaser. Who loves rollercoasters? Fun for a little bit, but not ALL day every day. Our lives can become defined by constant chaos.
Read quote – Addicted to chaos from Mark D. Griffiths from Psychology Today 2016.

So now let's talk about how we can change all that chaotic energy for good. How can we turn it into self-care and actually get positive benefits from identifying and removing ourselves from chaos? **Group call outs**

**Breakouts! Chart page with instructions.**

Break up groups, assign each group one of the chaotic situations. Have them discuss and document how to find serenity in the midst of this situation. What steps, slogans might be useful. 10 minutes MAX

Each group share

Add mine – share take home page


Finding serenity isn't always about being serene (calm, peaceful or tranquil). It can be about identifying what makes your heart sing!
Before we close, let's try something. There affirmations can bring instant serenity anywhere.

Breathe in
Breathe out
Deep breath in – I
Breath out – AM
Deep breath in – I
Breath out – CAN
Deep breath in – I
Breath out – WILL

Let's close with the Al-Anon declaration.