OPENING STATEMENT

The purpose of Moderation Management is to provide a supportive environment for people who have made the healthy decision to cut back or quit drinking and make other positive lifestyle changes. MM provides a set of guidelines to help members achieve their self-management goals and develop skills that lead to a more balanced way of living.

The strength of this program lies in the members of MM, who are here to share their experiences and to help each other change. MM respects each member as a unique individual who has come to these meetings to work on a drinking problem. In return, MM asks each member to respect its ground rules in order to maintain the integrity of this support group.

Moderation Management is intended for people who have experienced mild to moderate levels of alcohol-related problems. MM is not intended for those who experience significant withdrawal symptoms when they stop drinking. There are abstinence-based programs available for seriously dependent drinkers in most communities. MM is also not intended for individuals who have any physical or mental condition that could be made worse by alcohol, even in moderation. Those who have concerns about whether a moderation program is appropriate for them are encouraged to seek professional advice.
THE STEPS
Nine Steps Toward Moderation and Positive Lifestyle Changes

1. Attend meetings or on-line groups and learn about the program of Moderation Management.

2. Abstain from alcoholic beverages for 30 days and complete steps three through six during this time.

3. Examine how drinking has affected your life.

4. Write down your life priorities.

5. Take a look at how much, how often, and under what circumstances you used to drink.

6. Learn the MM guidelines and limits for moderate drinking.

7. Set moderate drinking limits and start weekly "small steps" toward balance and moderation in other areas of your life.

8. Review your progress and update your goals.

9. Continue to make positive lifestyle changes and attend meetings whenever you need ongoing support or would like to help newcomers.
CLOSING STATEMENT

Thank you for attending this meeting of Moderation Management. In order to protect the privacy of our members, we ask that "what you hear here, and who you see here, stays here." Remember that moderation is the avoidance of extremes and that management is the art of self-control. These two powerful skills can help you achieve balance in your life and face the challenges of everyday living.