

CGAA Meetings

General format suggestions

- Opening affirmation or prayer. Most recovery meetings begin and end with an affirmation or prayer, as important reminders to ground ourselves in our best intentions and to remain open to spiritual solutions. We suggest using prayers or affirmations that are as inclusive as possible, ones that are not specific to a particular religion or higher power concept. CGAA groups have no opinions on outside issues, are not affiliated with any religion, and are open to all who seek recovery from gaming addiction, regardless of personal beliefs on spirituality. (See Traditions 3, 6, and 10.)
- Statement of what CGAA is and is not.

Computer Gaming Addicts Anonymous is a fellowship of people who support each other in recovering from the problems resulting from excessive game playing. CGAA is not affiliated with any political agenda, religion, or outside interests. Our single purpose is to abstain from gaming and to help others find freedom from the effects of gaming addiction. We have no membership requirements beyond the desire to stop gaming.

Our groups share their collective experience and the principles that helped them. Each of us is free to try out or disregard the suggestions of the program and other members. We have no professionals and no affiliation with any professional or government services. Our groups are financed by voluntary contributions from members and accept no outside funding.

- Description of the meeting format. (Does the chair qualify before the discussion? Do people share round-robin, as chosen by the chair, or free style?)
- Our single purpose. We ask everyone to confine our discussion to recovery from gaming addiction. We share experience, strength and hope, and refrain from cross-talk and advising. Please keep shares brief enough to allow everyone a chance to participate.
- Welcome newcomers. Is there anyone new here today? Welcome! We are glad you are here.
- Optional: The chairperson briefly qualifies by sharing a bit of personal history with gaming and recovery.
- Optional: A reading from recovery literature. (CGAA approved literature is recommended. See the Literature section of the website.)
- Discussion topic. The chairperson suggests or asks for a topic. If newcomers are present, the topic of Step One is appropriate.
- Discussion. One person shares at a time. The chairperson might speak up to discourage cross-talk or to bring the discussion back to recovery from gaming addiction.
- Seventh Tradition collection. The Seventh Tradition states, “Every CGAA group ought to be fully self-supporting, declining outside contributions.” There are no dues or fees in CGAA but we do have expenses. The money we collect pays for things like rent and literature.
- Anonymity reminder. Who you see here, what you hear here, when you leave here, let it stay here.
- Closing affirmation or prayer

An example format for a small meeting

Welcome to the _____ group of Computer Gaming Addicts Anonymous. My name is _____ and I'm a gaming addict.

Let's start with an opening prayer for serenity. With higher power may we find the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

Mission statement of what CGAA is and is not.

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Our groups share their collective experience and the principles that helped them. Each of us is free to try out or disregard the suggestions of the program and other members. We have no professionals and no affiliation with any professional or government services. Our groups are financed by voluntary contributions from members and accept no outside funding.

Welcome to any newcomers. Is there anyone new here today? We ask to welcome you and invite you to ask questions. We are glad you are here!

Our single purpose. We ask everyone to focus our discussion to recovery from gaming addiction. We share experience, strength and hope, sharing one at a time and refraining from cross-talk and advising.

Topic (if a newcomer is present): Our topics today are, How did compulsive gaming create or worsen problems in my life? What was it like trying to get it under control on my own and how do I deal with it now with the help of CGAA?

Topic (if no newcomer): Our topic today is _____.

Topics are always optional. We're free to ask questions, introduce ourselves, and share about how we're doing with gaming addiction and recovery in general.

Discussion time.

Seventh Tradition collection. The Seventh Tradition states, "Every CGAA group ought to be fully self-supporting, declining outside contributions." There are no dues or fees in CGAA. Members are welcome to contribute to cover our expenses like rent, refreshments, and literature. (Mention whatever container is used to collect contributions.)

Anonymity reminder. Who you see here, what you hear here, when you leave here, let it stay here.

Closing affirmation or prayer. Please help me and another gaming addict stay away from that first game today. Just for today, I will keep an open mind and try something new for my recovery.

Suggested typical meeting etiquette

- Just listening is fine. You don't have to share if you don't want to.
- One person shares at a time. We focus on listening to the person sharing and trying to identify. Having overlapping conversations and responses would be too distracting and difficult to follow. We avoid cross talk.
- We share experience, strength and hope. Each person shares from personal experience. We generally refrain from theorizing, preaching, or talking about other people.
- We refrain from advising. We might share personal experience in response to what someone else shared, but we generally refrain from giving advice or talking about the other person.
- We respect anonymity. Each person decides how much or how little personal information to divulge. Meeting leaders may ask attendees to treat the meeting as confidential and not gossip about who was at the meeting.
- Topics are optional. Some meetings have a topic for discussion. They are always optional. Anyone who has a burning question or need for help is welcome to ask. Anyone is welcome to give a brief check-in unrelated to the topic.

Twelve Traditions

While CGAA has no rules, we do have Twelve Traditions that guide our fellowship toward unity. The Traditions keep us focused on our single purpose and guide us away from controversies and power struggles that might hurt our fellowship.

1. Our common welfare should come first; personal recovery depends upon CGAA unity.
2. For our group purpose there is but one ultimate authority—our group conscience as guided by power greater than ourselves. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CGAA membership is a desire to stop computer gaming.
4. Each group should be autonomous except in matters affecting other groups or CGAA as a whole.
5. Each group has but one primary purpose--to carry its message to the gaming addict who still suffers.
6. An CGAA group ought never endorse, finance or lend the CGAA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every CGAA group ought to be fully self-supporting, declining outside contributions.
8. Computer Gaming Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CGAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Computer Gaming Addicts Anonymous has no opinion on outside issues; hence the CGAA 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, films and internet.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.