Receiving Is Participation - Learning Review Circle

20 minutes | 3-12 people | Adults with trained group facilitation

Design a mutual-care exchange that includes receiving help and choosing not to contribute today.

Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

Meet the fictional case - 4 minutes

A member feels they must be useful to deserve support. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Guided discussion - 6 minutes

Design a mutual-care exchange that includes receiving help and choosing not to contribute today. Imagine the fictional person tried one part of the task and found the result mixed. Offer quiet reflection before voluntary sharing. Compare what fit, what was unavailable, and what needs revision; no one must disclose a personal setback.

Reflect and compare - 4 minutes

How can the group make room for receiving? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

Practice output

A learning summary with one thing to retain, revise, or discuss with qualified support.

Scope and care

Use ordinary or fictional examples, not graphic substance-use stories or cue exposure. No competitive abstinence scoring, forced disclosure, or required pathway. These plans do not manage intoxication, overdose, withdrawal, or medication changes; follow individualized care and appropriate medical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, GP03, RF-SUR. Full source links: library.morethantherapy.org/group-activities/GRP570