

Survey Results - After-meeting Suggestions

SMR Meeting Members - September, 2026

These are the direct comments from the recent SMR Survey about the After-meeting. The purpose of the survey was to gather lots of thoughts and suggestions about different aspects of the After-meeting so that they might be incorporated into an introductory script and be placed as information on the website. There will be Next Steps in the process.

Here are the Survey questions and responses:

If you were to describe the after-meeting to a newcomer, what would you say is the primary purpose of the after-meeting?

- To welcome the newcomer and answer any questions
- Provide a time for newcomers to share and ask questions.
- To welcome newcomers and answer newcomer questions, and then more general fellowship.
- To welcome newcomers first and answer their questions; afterwards to answer the questions/hear the thoughts of those who have been with the group longer
- ask questions on aca, basics about this meeting, literature,....
- That's it, after-meeting people can know they are not alone and can continue to share. I wouldn't be more explicit than that - I would leave it to the person to discover for themselves what it can be for them.
- Allow for people to ask questions and or share further
- To get to know each other and answer any questions for newcomers
- first to provide new comers a space to ask questions
- In depth, informal, informative
- A safe space for newcomers to ask questions for the first 15 minutes. That is the primary purpose. The parking lot part of the after meeting is where people can share on today's meeting if they haven't or any adult child discussions.
- gathering for fellowship - to share experience strength hope
- To allow newcomers to learn more about ACA and our specific meeting.
- Campfire Section: PURPOSE: Fellowship, Practice Interpersonal Relations and ACA Principals in Real Time, Invitations for Input, Small Group Fellow Traveler Model, More Informal
WHO LEADS: Whoever is willing to volunteer in real-time

- Ask questions, get a chance to share longer than 2 minutes, find others to fellow travel with in a less structured environment
- Fellowship first
- Time for further discussion of the day's topic, to express one's process of recovery, and possibly request feedback.
- A chance to connect with other travelers, ask questions about ACA in general or this meeting.
- Primary purpose is responding to newcomer questions about ACA.

What other purpose could there be for the after-meeting?

- To improve our communication skills
- Fellowship
- General fellowship where you can get feedback if you want it.
- bring up issues, ask questions that keep coming up before/at/after the mtg
- Allow for people to share further
- Fellowship works. It was very helpful to me recently when I had a concern.
- general, deeper fellowship and chance to dig deeper into recovery topics
- The purpose is self explanatory as to its purpose. A safe place to listen and talk.
- feel a part of
- To allow members ask questions and receive support.
- Inclusive and accomodating space for people who are neurodivergent and need more time
- Not sure
- Answer questions
- Learn from other's sharing how unproductive trauma dumping is and how it reinforces one's illness.
- A chance for a deeper connection with fellow travelers. I always learn new things just by listening.

- Secondary purpose is extended shares, and sometimes feedback if requested, about ACA topics.

Does the after-meeting have another purpose?

- Practice tolerance and acceptance
- Learning from others and how they do their program, and discovering there are many ways to do this.
- What else would there be besides helping newcomers and fellowship?
- share experience, strength and hope regarding recovery, challenges, ...
- Again, in my humble opinion no. It is already over-burdened with descriptions. It is something that's best to experience.
- General fellowship to allow for people to possibly choose a fellow traveler for an outreach call.
- It was helpful when I had a concern.
- This is a redundant question as to make it have another purpose.
- be heard, find your voice - courage
- Once newcomer questions are addressed, and members are able to receive specific ACA support, there could be time for general discussion.
- Not sure
- Time to share if didn't get a chance in the mtg
- Sharing helpful readings, workshops and meetings.
- Not that I can think of.
- CB A third purpose might be unstructured social interaction, but that doesn't really happen. Its not really a "how you doing" social time but occasionally other topics of interest that are a little bit outside of the ACA spectrum do become part of the conversation. In reality, though, even those seem to always have some tie in to ACA behavior and understanding of ourselves.

If you were to describe the BEST QUALITIES of the after-meeting to a newcomer, which words would you use to describe the experience? For example, "supportive" or "respectful" or "fair". Please list a few words that come to mind.

- Broad acceptance
- patience
- loving
- Informal, casual, open
- Supportive, welcoming, an embarrassment of riches with which healing can occur.
- Open-minded
- Welcoming
- Non-judgemental
- supportive - an awareness for the number of participants in the room - gently, respectfully, non-pushy-language that includes and invites everyone to participate - (not just the ones that are quick to speak)
- Gently guided. Anonymous - a place where there is no gossip, peoples' professions remain undisclosed and sharers own that they are only speaking their own truth and no-one elses.
- Supportive and generally respectful
- More time to share, discuss, and ask for feedback.
- supportive, open, less structured
- Best qualities would be freedom to have no hard rules that place people in a place of fear that there somehow im breaking rules or fear of authority in being shamed or told what I'm doing is somehow wrong.
- If ever a question of a town hall would be a relevant this is the time to call for a TOWN HALL
- to be a part of - comforting - to identify ... I think that the script can say 'take what you want and leave the rest'
- supportive, perspective, respectful
- The opposite of don't talk, don't trust, don't feel
- Supportive, respectful, gentle boundaries

- Don't like it as it has been
- A chance to have a longer share than 2 mins. A chance to share specifics of what is happening in someone's life. I word answers: Supportive, Kind, Loving.
- Safe, supportive, informational, helpful

Please LIST a few of the rules and guidelines that seem to be in place during the Newcomer and Fellowship parts of the After-meeting.

- Raise your hand to speak
- Be mindful of others who may want to speak
- Newcomers share for the first 10 to 15 minutes, then anyone can come in.
- 5 minute shares for the first ____.
- No crosstalk unless you get an okay from the speaker.
- Go by raised digital hands in the order raised.
- Using chat is okay in the aftermeeting.
- Host comments should be kept to a minimum without expectations that they have to fix, comment, or orchestrate things.
- Newcomers get priority to ask questions during the first 15 minutes
- No crosstalk unless the person asking the questions says they would welcome ESR. That said, no giving specific advice ("You should do this.")
- People are called on in the order their digital hands are raised
- Focus on the newcomer first. I'd like to see that be the first 30 minutes rather than 15. Opportunity for feedback.
- crosstalk/allowing feedback, sharing, times shares, group dynamics, less structured than the meeting
- No Crosstalk, sharing experiences, resources
- No:
 - Politics
 - Racism

- Sexism (both ways, not just mysoginy)
 - Unpermitted cross-talk
 - Antagonism toward one another
 - Pushing a world-view (the patriarchy, the matriarchy, government attitudes)
 - Abuse
 - Bullying
- Yes:
- Gentleness
 - Consideration
 - Tolerance for others's struggles
 - Anonymity
 - Kindness without overt fixing
 - Cross-talk where permitted
- Attention to the time one takes to share
- Attention to the Twelve Steps and Traditions, including them in shares
- Starting and finishing with the Serenity Prayer
- Love, love, love
- I think all of it is in place, but it's really a discretionary task. We're all relearning boundaries. Things will happen.
- not sure
- Sharing that becomes conversational
- First, NO RULES only spiritual guide lines the group is a spiritual entity not a club.
- 1, Call participants in order of hands raised. Why is this even a question.
 - 2, Host Comments if asked.
 - 3. Host training same as room Host training.
 - 4, Triggers are going happen. What should we do somehow control it. No. Trigger responses ? stupid question.
 - 5, the chat is open as it always is. Stupid question.
 - 6, Resources on the website. Why is this even a question.
 - 7, Advice only if asked. this is already being practiced.
 - 8, Giving experience strength and hope ? that's what we do here. What's the question ?
 - 9, Shearing becomes conversation again what's the question.
 - 10, Leeway for newcomers ? yeah that's called loving you where your at.
 - 11, Close the meeting when its over, Host decision last person to leave the meeting.
 - 12, others points, Ridiculous Questions some people thing to fix something that's not broken.
- ask if its ok to comment - respond to a question or answer

- It might be helpful to distinguish between the Newcomer Section (or however this part will be called) on one hand, and the AfterMeeting/ Campfire/ on the other hand. - Maybe including the Serenity Prayer at the beginning.
- No cross-sharing, consciousness of time when it gets busy
- There seems to be a natural organic flow in the after meeting of calm shares some in depth I find healing. I hear respectful requests for people to refer to my shares sometimes which gives me the agency and autonomy to decide. I appreciate the unique space. Its sometimes similar to a parking lot group of people chatting and or around a campfire.
- Resources and links to materials and meetings/workshops
- Giving experience, strength and hope
- Using the chat
- The opportunity to allow comments and reference to a share if the newcomer gives permission.
- The rules and guidelines currently being followed seem adequate and clear regarding most of the above list.
- Sharing with No Crosstalk- or as we have been doing it, ask if they would like any "feedback" as stated ...Allowing comments and reference to a share)
 - Timing of shares= yes, the new 5 min rule seems perfect!
 - Raised hands= yes raised hands please!
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- You just listed a bunch.
 - Be cognizant of other raised hands and wrap up your share
 - I think all those are either briefly mentioned or hinted at in the Freeform introduction already, but would benefit from formalizing into a statement to be read by any after meeting hosts that would like the benefit of such a thing.
 - One thing for hosts to know might be that often they seem to think it is up to them to answer all the newcomer questions. I don't think it is and sometimes doesn't leave room for other people to speak. Same with the five minute time limit which I am glad to see being given a chance. I understand some people are chafed at that idea, but I for one am chafed at the opposite idea: people monopolizing the time with 10 minutes or longer shares to the exclusion of others that don't have all day to wait for a chance to comment.
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Please LIST any rules or guidelines that either need clarification or would be a welcomed addition.

- The host doesn't need to comment on everyone's share

- How can you tell what order the digital hands were raised?
- The group conscious is responsible for any changes
- Timing of shares- if coming back in it would be nice if someone hadn't shared yet to let them go first
- Ending the meeting after an hour or at 10 am est or even after the regular meeting if there is no one to take the room
- This is an ACA meeting and part of SMR?
- Length of shares - some people go on for a very long time
- Direction to not raise hand for other topics until the newcomer period is over. I've often experienced the session getting hijacked by someone being called on to respond to newcomer question only to have them instead take a long and unrelated share.
- an emphasis on using "I" statements to protect from predatory behavior of those who cannot maintain the safety guidelines for crosstalk. Accountability for those whom repeatedly abuse the space and others in it
- I think we need to have explicit 5m shares... and I think a timekeeper in addition to a facilitator would make that easier to stick to and make the host job easier
- 5-minute timed shares with everyone entitled to share as often as they want
- Keeping it all simple
- The host stating at the start how long they can host
- I think the discussion of outside interests, or talking about others, should be clarified.
- triggers, triggered responses and safety--I'd appreciate some language around "let there be no gossip or criticism of one another" or some such. I appreciate it when people talk about difficult triggers honestly, but keeping the focus on themselves instead of intense criticism of others in the meeting.
- Inappropriate topics- labeling people as narcissists (checking to see if the person is there and when they are not, calling them narcissists and talking about them)
- WHERE is the work that the ad hoc committee Has done ?
- Why hasn't that work been included in this survey ?
- Why has this survey been created by one person ? Looks like an authority figure to me.
- For Clarification there is no real problem with the after meeting . This is people that mostly don't even come to the meeting creating what if questions.

- timed shares if there are a lot of hands raised - someone can be removed or muted, if they are being inappropriate
- compassion and tolerance for others
- This is no longer a meeting, it is a gathering place where we can practice our principles in an unstructured social setting.
- This is a place where we gather after the meeting and where the first 15 minutes are reserved for newcomers and anyone who feels like a newcomer to ask questions or clarify observations about the program and our meeting.
- We have a facilitator or zoom host who keeps the zoom channel open, admits new participants, and also calls on hands when more than one person wants to talk at the same time.
- The facilitator or zoom host stays for a half hour and if he or she needs to leave, passes the host position on to another volunteer. When no one can function as host, the meeting ends.
- Permission should be requested and granted before another participant reflects on, responds to, or makes suggestions about another person's share.
- Anyone may leave at any time. If someone has a gripe about someone else's behavior, we expect that to be resolved between the two parties involved.
- The host has leeway to police the group however he or she sees fit. If we don't like their style we can attend on another day when they are not hosting. We can also sign up or volunteer to be the after meeting host ourself on another day.
- I get to practice being my own loving parent with agency and autonomy so I cant think of any.
- Crosstalk, sharing, requesting feedback or not
- I wonder how the aftermeeting handles participants who are in the midst of an extreme emotional reaction and unable to self-soothe. What is the process for dealing with triggered people on the meeting so that it doesn't become a domino reaction and create a sense of discomfort/unsafety for others?
- Hosts are doing service. They do a disservice by commenting on every share, talking about themselves, making silly comments to be funny or clever and performing small talk.
- The repetitive remarks reduce the quality and intelligence of the meeting.
- sorry- I gave comments on all the points in the previous question.
- I don't think there is much "new" with our rules as many of the 12 step programs have similar rules.
- I hope this is helpful

- I cannot think of any additional guidelines. I do think it would help the hosts to understand, in the host training sessions perhaps, that they have the authority to shut down a hostile participant on the rare occasion that happens. So they know they have our support to either mute them or eject them however they see fit in that rare heated moment.

Suggested Name(s) for the After-meeting experiences

- Newcomer and Fellowship Time
- Aftermeeting Parking Lot
- Parking Lot
- After Meeting
- After-meeting
- Parking lot
- The Sandbox
- Newcomer and Extra Fellowship
- name - depending on what the group decides on format and guidelines
- Newcomer Session and After-Meeting Parking Lot
- Parking lot
- After-meeting Fellowship
- after meeting
- Parking Lot
- After meeting
- The After meeting
- no suggestion
- fellowship
- Sharing Is Caring (Experience, Strength & Hope)

- Jacuzzi, mountain-peak, picnic
- After Meeting
- Parking lot
- Campfire Chat
- Parking Lot
- Newcomer Session and General Fellowship
- Welcome Session
- After-Meeting
- 'Parking Lot' is fun.... After Meeting if nice too
- After-Meeting

Title of the person leading the After-meeting

- Moderator
- Parking Lot Attendant
- Parking Lot Attendant
- AFTER HOST
- Host
- Facilitator
- trusted servant
- Referee
- Facilitator
- host
- Host
- Moderator
- After-Meeting Fellowship Host

- host
- Host
- Host
- After meeting Facilitator
- no suggestion
- moderator - a person who presides over an assembly
- The Bridge Builder (Q&A Moderator)
- Host
- Facilitator
- Room host
- Not Sure
- Fellow Traveler
- Host
- Welcomer
- Host
- Leader works. Or for fun "Parking Lot Attendant"
- Host

➤ **Suggested wording in Place of 'Rules and Guidelines'**

- We practice these guidelines.
- custom or practice
- Guidelines
- Guidelines
- group protocols, policies, expectations
- Shared respect guidelines

- no rules and regulations, refer to as guidelines, recommendations - in some cases suggestions
- Guidelines
- group norms
- guidelines works well for me.
- Guidelines
- This Question has been asked several times in this questionnaire. WHY ? As a group we create group consciences not rules or guide lines.
- guidelines is a good word creating a boundary/structure
- guidelines
- Guidelines; agreed-upon practices
- I like the image conveyed by the term "parking lot". The word "expectations" might be useful in describing our practices as in "Our expectation is that kindness and courtesy are observed in this after meeting parking lot type setting.
- I'd say easy flow feels true.
- Traditions
- Comfort Guidelines
- "smart practices"
- no other suggestions.