

The Values Honored in The After-meeting

As Recognized by the SMR Meeting Members, Sept. 2026

These are the qualities mentioned as having value to the After-meeting. They are listed by frequency of mention:

- **Supportive:** Emphasized repeatedly as a foundational quality of the space.
- **Respectful:** Valued through mutual respect, gentle boundaries, and respectful interactions.
- **Open / Open-minded:** Valued as an informal, casual, and less structured environment that welcomes open-mindedness.
- **Safe & Comforting:** Described as a comforting and safe space for participants.
- **Welcoming:** Noted as a welcoming atmosphere for newcomers and participants.
- **Loving & Kind:** Highlighted as an environment characterized by love, warmth, and kindness.
- **Non-judgemental & Confidential:** Valued for lacking judgment, avoiding gossip, keeping professions undisclosed, and allowing individuals to speak their own truth.
- **Time & Space to Share:** Appreciated as an opportunity for longer shares, deeper specifics, discussion, and feedback.
- **Acceptance & Patience:** Mentioned as broad acceptance and patience among members.
- **Freedom from Rigid Rules:** Valued for having no hard rules that induce fear of authority, shame, or strict policing.
- **Helpful & Informational:** Noted as a helpful and informative experience.
- **Healing:** Recognized as a rich environment where healing can occur.

NEXT STEPS:

While all of these values are admirable and could describe the After-meeting on the ACAnorning website, including all of these ideas in a daily opening statement would be excessive. Next we will vote to find the 4 or so that are most desired.

Here are the actual comments offered in the survey:

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, people's professions remain undisclosed and sharers own that they are only speaking their own truth and no-one else's.
- 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 somehow I'm breaking rules or fear of authority in being shamed or told that 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

