A.R.T.S. TWELVE TOOLS for RECOVERY

We use the A.R.T.S. tools to work the program and bring our art into the realm of reality.

1. **Meetings:** Through meetings, A.R.T.S. establishes a safe haven in which to explore, take risks, and celebrate the many facets of our creativity. In meetings we witness how others are overcoming their blocks: “If they can do it, so can I.”

2. **Affirming Our Creativity:** Before we share at meetings, (1) We state our name. (2) List our gifts. (3) Report the number of days out of the week where we put in five minutes of art. (4) Our victory for the week. (5) Our long term goal. These positive statements affirm our commitment to our art.

3. **Sobriety 5-ALIVE:** Bottom line sobriety in A.R.T.S. is doing at least five minutes of art in every 24 hour time period. “Five minutes every day keeps the block away. Five minutes every day keeps our art alive. 5-Alive!” Often this simple commitment turns into hours of creative work.

4. **A.R.T.S. Twelve Step Essays:** We read the A.R.T.S. Twelve Step Essays to learn how a spiritual recovery can remove the blocks to artistic freedom and give us a meaningful life.

5. **A.R.T.S. Twelve Step Workbooks:** The A.R.T.S. Step Workbooks help us overcome our fears and bring our art and ourselves out into the world. Ask someone who has worked all twelve Steps of A.R.T.S. to be your group sponsor. It is very effective for a group to work the A.R.T.S. Steps Workbooks together.

6. **Master P.L.A.N.** (Professional Long-term Actions Now): We develop a Master P.L.A.N. to accomplish our long-term professional creative goals and map out and accomplish our long-term professional creative goals.
7. **Creative History:** To become conscious of our many gifts we make a list of all our creative endeavors since childhood.

8. **Family Tree:** We go back 3 generations or more, including cousins, and tally all the artists in our family and what they did. Embroidery, wood working, seamstress, painter, fabulous chef, writer, comedian -- all are artists. We come from a family of artists. Let’s be conscious of this and know that we cannot be anything but an artist in our family. We were born to be an artist.

9. **Literature:** We read A.R.T.S. literature to understand our fear-based patterns of avoidance that keep our art invisible. The A.R.T.S literature teaches us how to surrender to and trust our creative process.

10. **Telephone:** We use the phone to break isolation and share our feelings with other members between meetings. Verbalizing our thoughts and feelings clarifies our course of action and allows us to move through our fears. We bookend challenging actions for our art; we call other member before we take the action and after we have taken the action.

11. **Text, email, or phone A.R.T.S. Buddies:** We find action partners to text our daily actions for our art.

12. **Prayer and Meditation:** We seek through prayer and meditation to become channels for the Infinite Creative Process.