

Opening Pledge:

My name is:_____.

I am here clean and sober.

I will not do violence.

I will not touch anyone in anger.

I will be non-intimidating.

I will respect the privacy and confidentiality of the group.

Closing Pledge:

I will not do violence to myself.

I will not do violence to others.

I will not do violence to property or pets.

I will do one good thing for myself.