

ACA 12 STEP STUDY

Meeting Format

Wednesday's 6:00pm-7:30pm

Introduction

Hello. My name is _____. Welcome to the Wednesday night ACA 12 Step Study. Please be sure all cell phones are turned off during the meeting.

The focus of this meeting is recovery, through the study, application, and practice of the Twelve Steps of ACA.

Will you please join me in a moment of silence followed by the **ACA Serenity Prayer**?

As children, we developed behaviors to survive our dysfunctional family. We carried these behaviors, attitudes, and feelings with us into adulthood. They are the source of our pain, unhappiness, and isolation.

If we wish to change our lives, we must learn a new way of life. The Twelve Steps are the tools that teach us how to live with greater awareness. Through a process of awareness, acceptance, and action, we will begin to recover from the effects of family dysfunction.

Reading

I've asked a friend to read **The 12 Steps OR The Sequence of Recovery**. Your choice.

Each week we will focus on one of the Twelve Steps. By discussing the Steps, we develop an awareness of how to practice the Steps in our daily lives.

Explanation of each Step

(Read only the section pertaining to the current Step being studied)

Steps 1-3:

In Steps One through Three, we will become aware that we are powerless over the effects of the disease of family dysfunction—that our lives are unmanageable. We will come to an acceptance of the fact that only a Power greater than ourselves can restore us to sanity. We make a decision to turn our will and our lives over to the

care and guidance of a God of our understanding. We see this God as a loving parent who cares for us.

Steps 4 & 5:

In Steps Four and Five, we will continue the process of self-discovery and self-awareness by making a written inventory of attitudes and behaviors. We also see the generational nature of this behavior and how it was transmitted to us by our dysfunctional parents or relatives. With ACA, we learn to forgive ourselves and our parents. We change our behavior. In Step Five we tell our story with clarity and humility to our sponsor. We will learn to trust ourselves and break down the walls of isolation we have hidden behind.

Steps 6 & 7:

In Step Six and Seven we will become willing to have God remove our defects of character. We also learn to integrate our Laundry List survival traits. We transform them into spiritual assets when possible.

Steps 8 & 9:

In Steps Eight and Nine we will become willing to make amends for our inappropriate behaviors. We take responsibility for our actions and feelings. We also learn to be gentle with ourselves and to protect our Inner Child during this process. We balance taking responsibility for our inappropriate behavior with being aware that we also are protecting a wounded child within. We do not balk at making difficult amends, but we lovingly reparent ourselves during this process as well.

Steps 10–12:

In Steps Ten through Twelve, having now begun the process of recovery, we will learn how to make the Steps a part of our daily lives. We will continue to take personal inventory, learning more about ourselves as we grow. We will seek to improve our contact with our Higher Power through prayer and meditation. We seek to learn God's will for us, and we ask for the power to carry that out.

Step 12:

Finally, in Step Twelve, having experienced a spiritual awakening, we learn to practice these principles in all our affairs and to carry the message to those who still suffer. If we wish to keep what we have gained, we must learn to give it away, wherever and whenever we can. We must get out of ourselves. We insist on enjoying life and being a part of life.

Business

We will now pass around the Calendar for sign-ups to Chair this meeting. Please also take a copy of the "Meeting Chair Responsibilities" document if you sign up.

(If it is the last/first week of the month, \$30 rent needs to be collected in honor of the 7th Tradition)

Sharing

The purpose of this meeting is to support one another as we each move through the 12 Steps in an effort to address our own lives. We will spend time discussing the reading and questions from the assignment. Each member of the group is encouraged to share their thoughts, feelings, and experiences as they relate to the topic or questions.

We ask that each member of the group respect the thoughts, feelings, and experiences that are shared by another. We do not interrupt, criticize, or offer advice based-on what another member shares. If a member explicitly asks for input from other members, we will maintain the utmost respect for each other and do our best to offer our responses by relating with our own feelings and experiences; being careful to never make an attempt at "fixing" another person or taking a position of authority.

We respect the rules of anonymity at this meeting. What you hear at this meeting should remain at this meeting. We do not talk about what another person has shared to other people.

We will do our best to manage our sharing time in order to cover the weekly material. There are (# of questions) and we will spend (divide share time) on each question. In order to help us accomplish this, is there someone who would like to be responsible for watching the time and letting the group know if we need to move on to the next question or topic of discussion?

Tonight, we are discussing the reading and questions presented in this week's assignment for Step _____. We will review the assignment and then begin sharing and will end approximately 10 minutes before the close of the meeting.

(Read the topic or questions from this week's assignment)

The topic/questions from this week's assignment are _____.

The meeting is now open for group discussion and sharing.

(Group Discussion Begins)

We have approximately 5 minutes of discussion time left. Is there anything left that we still need to cover or does anyone have a burning desire to share?

Ending

That's all the time we have to discuss this week's assignment. If you did not get a chance to share during the meeting, please stay after to talk to someone or use the phone list.

I've asked a friend to read **The Promises OR ACA Personal Bill of Rights**. Your choice.

Next week's assignment is _____. **(read from the study guide in the binder)**

I will now share a Recovery Saying that we can hold in our minds and our hearts for this week. **(choose a saying from the list in the binder)**

Thank you for coming back and continuing on this journey with your fellow travellers through the ACA 12 Steps of Recovery.

We will close the meeting with the **ACA Serenity Prayer**.
(stand and form a circle by holding hands)

Keep coming back. It works if you work it and you're worth it!

Meeting References:

The format & readings for this meeting were compiled using the following:

"Handbook For Adult Children" sample meeting formats & readings beginning on p. 559 of the BRB.

ACA World Service Organization website - <https://adultchildren.org>

ACA Arizona Intergroup website - <https://aca-arizona.org>

Collective input from members of this Study Group.