



NEWCOMERS

Welcome to ACA

Adult Children of Alcoholics and Dysfunctional Families - ACA Sydney Intergroup

We adult children of alcoholics who have come far enough out of denial to recognise and admit the personal validity of "The Problem" are among the toughest, sanest, psychologically strongest people the world knows. We have shown a capacity for personal responsibility that is unusual, to say the least.

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MESSAGE TO THE NEWCOMER - YOU ARE SANE!

We adult children of alcoholics who have come far enough out of denial to recognise and admit the personal validity of "The Problem" are among the toughest, sanest, psychologically strongest people the world knows. We have shown a capacity for personal responsibility that is unusual, to say the least.

Though in the past we may have adopted insanity, suicide attempts, self-abusive drinking, eating or drug use, compulsive working or obsessive relationships as our method of coping, we now have a chance to be sane, totally sane, in all ways and all our lives.

After surviving the traumas of childhood, we have screened ourselves, selected ourselves, and found each other, through twelve step programs, therapies, consciousness expansions, psychiatric care facility, jails, and hospitals. All that is needed now is a safe place where we can finally shed our defences, our denial, and admit to ourselves and others how angry, hurt, maddened, and wounded we have always felt.

And, finally, we are safe. We have ourselves. We have each other. We are sister, brother, father, and mother to one another. We can rely on each other until we are able to claim our adulthood, our responsibility for ourselves, our lives, and everything in them.

Anyone who can handle what comes up at six meetings without retreating once again into denial has begun an irreversible process of recovery: everything in that person's life can become part of the recovery process, regardless of how chaotic it may look or feel. Many of us act out old dramas and defences at least once again, as if to see whether they really are as unnecessary as we hope. Indeed, they are, and typically we do not slip back into denial and our other obsessions. We keep our other programs going. We are survivors.

If you seek explanations for this miracle (many have been offered, ranging from consciousness expansion through religion to psychiatry and science or combinations of all of these), any explanation seen, heard, or thought of so far includes one central statement in complete agreement with all the others: "The Twelve Steps Work"!



WELCOME TO ACA

This note introduces you to ACA -- why it is here, how it works, and some resources that are available.

We are adult daughters and sons of alcoholic or dysfunctional families. We meet to share our experience, strength and hope in living a program of recovery and growth.

The core of our program is the Twelve Steps and Twelve Traditions which guide us on a path of physical, emotional and spiritual healing. We also recognise that we have many characteristics in common. These are summarised in the ACA Problem and Solution and other literature. ACA is independent of Al-Anon, AA, and other 12-Step Programs, although we acknowledge the wisdom and power of those programs which we have adapted for our particular needs.

GUIDELINES FOR MEMBERS

The group is self-supporting and relies on voluntary contributions from us to pay the rent and other expenses. We periodically appoint members to perform various tasks. These members are "trusted servants." responsible to the group. We try, through service, to give back some of what we have received as part of our recovery, but not to give away all we have -- thus repeating our old patterns.

We ask you as a newcomer to attend at least six meetings before you decide whether the group is right for you. It often takes at least six weeks to start understanding and feeling how the program works.

You have the right to say nothing. You also have the right to ask for, or to not accept, feedback to what you have said. This is not a therapy group. You are responsible for taking care of yourself. Take what you like and leave the rest!

Most meetings do not allow "crosstalk". Each person is allowed to share freely and without editorial comments, one-liners, or interruption. This helps create a safe place to share. Crosstalk violates the safety of the meeting by recreating the family experience of not being heard or of being ridiculed or criticised or belittled.

We avoid giving advice. We prefer to share the story of our recovery and of our experience, strength and hope. We give support by listening, encouraging, verifying and validating others.

We learn to focus on our own thoughts, feelings and behaviors, rather than on others, by making "I" statements.

Respect the needs of others for time. If you wish to talk at length about some issue, ask the other group members for time. Stick to your issue and avoid going on tangents.

Above all, remember that everything said in the group should stay there.

Our progress depends on building trust between us. Gossip about each other is completely unacceptable. Anonymity is an essential part of our group. What is said and who says it are not to be discussed with others. We use the telephone to talk with

Resources

Meetings

Meetings are a safe place to begin our recovery/discovery.

Telephone Calls

The phone list is our lifeline between meetings

The 12 Steps

The Steps are at the core of our recovery

Literature

Materials from ACA, other 12-Step programmes and our personally chosen materials promote our recovery

Anonymity

Anonymity allows us a new freedom to share our feelings and to experience an identity apart from a label. We need to be free in our meetings from the fear of gossip or retaliation.

Service

We serve by speaking, leading, doing group "chores", giving rides, talking with newcomers, and doing what we can to ensure the safety of ACA being available to the next Adult Child who needs it.

The Serenity Prayer

"God, grant me the serenity
To accept the people I cannot
change,
The courage to change the one I
can,
And the wisdom to know that one is
me."

other members we relate to between meetings. Some groups keep a phone list and other groups simply encourage you to ask for the phone number of a member whose sharing reached you.

If you decide to stop attending the group, please tell the group. We hurt when someone we care about leaves without saying goodbye.



ACA BILL OF RIGHTS

1. I do not have to feel guilty just because someone else does not like what I do, say, think, or feel.
2. It is okay for me to feel angry and express it in responsible ways.
3. I do not have to assume full responsibility for making decisions, particularly when others share responsibility for making the decision.
4. I have the right to say, "I don't understand" without feeling stupid or guilty.
5. I have the right to say, "I don't know".
6. I have the right to say, "no" without feeling guilty.
7. I do not have to apologise or give reasons when I say "no".
8. I have the right to ask others to do things for me.
9. I have the right to refuse requests which others make of me.
10. I have the right to tell others when I think they are manipulating, conning, or treating me unfairly.
11. I have the right to refuse additional responsibilities without feeling guilty.
12. I have the right to tell others when their behaviour annoys me.
13. I do not have to compromise my personal integrity.
14. I have the right to make mistakes and to be responsible for them. I have the right to be wrong.
15. I do not have to be liked, admired, or respected by everyone for everything I do.
16. I have the right to evaluate my own behaviour, thoughts, and emotions, and to take responsibility for their initiation and consequences upon myself.
17. I have the right to offer no reasons or excuses for justifying my behaviour.
18. I have the right to decide if I am responsible for finding solutions to other people's problems.
19. I have the right to change my mind.
20. I have the right to be independent of the goodwill of others before coping with them.
21. I have the right to think for myself, my life, and my goals and leave others to God.
22. I have the right to actively pursue people, places, and situations that will help me in achieving a good life.
23. I have the right to leave the company of people who deliberately or inadvertently put me down, lay a guilt trip on me, manipulate or humiliate me. That includes my alcoholic parent, my non-alcoholic parent, or any other member of my family.
24. I have a right to a mentally healthy, sane way of existence, though it will deviate in part, or entirely, from my parents' prescribed philosophy of life.
25. I have the right to laugh and play and have fun. I have the right to enjoy this life, right here, right now. I have the right to carve out my own place in this world.

Remember, I am learning how to give to myself, and that is not bad. I need to change old feelings of being victimised to new feelings of being about to meet challenges successfully.

I don't have to take care of everyone else. I have choices about how I respond to people.

Some situations can be resolved without my being involved. Others can lend support to those who need it when I am not willing to be available. It is okay to put my own wellbeing first. I am important, too.

I will read my Bill of Rights out loud, everyday to myself. I will feel some of the old guilt for awhile, but it will be mixed with a new sensation...that of excitement along with a sense of aliveness. I will discover that I am intuitively handling situations which used to baffle me.



BUT MY PARENTS WEREN'T ALCOHOLIC

Many newcomers in ACA report they identify with the characteristics listed in "The Problem" (or "The Laundry List" or "The Characteristics" which can be found in the yellow pamphlet), but they can find no alcoholism in their family. There can be many explanations - perhaps the family denial system prevents the newcomer from seeing the disease, or the family addiction has taken another form (drugs, compulsive over-eating, workaholism, violence, gambling, etc.) or there may actually be no aspect of alcoholism in the home. The fact is, it doesn't matter! Our program is not about our parents or whether or not you can identify an alcoholic in your past.

OUR PROGRAMME IS ABOUT US

For the first time in our lives, we identify the characteristics in each and every one of us. With this new focus on "self" we are dealing with ourselves - and away from the personality, disease or identity of our parents or caretakers, we come to see how our program addresses us as "Adult Children" in the here and now. We begin to experience a reality that is our own life, independent of the family drama that resulted in acquiring the characteristics that brought us to meetings.

In a healthy home, a child is allowed to develop a sense of "self" through the stability of the parents, through exploration and individuation.

The early stage called "The Terrible Two's" is the time when a healthy family allows the child to establish appropriate boundaries. The child has learned the quality of trust necessary to risk finding their own identity ("I want...", "Give me...", "I don't like...", etc.) and the meaning of the word "No."

In our homes - (for whatever reason) we were not able to experience the stability

needed for this vital process.

Healthy exploration was distorted by unstable, unstructured lives.

Individuation was not possible.

We enter ACA feeling more comfortable talking about other people - what they did, what they said, what they were, etc. We have had no experience in defining ourselves - what we feel, what we need, what we are. When we grew up, we became extensions of those around us - learning their fears, behaviours, limitations, and prejudices. In ACA we find a need to discover ourselves as unique individuals instead of living as extensions of those around us.

For many of us, the early stages of this process resulted in a feeling of guilt - as though we are "bad" for betraying the role placed on us by the family system. There are those among us who froze at this stage of our voyage of Discovery/Recovery, but most of us progress at our speed if we are simply willing to admit those feelings to others.

The rigid and frightened child inside, who has come to view

any change as a threat, can be loved, supported and nurtured through the changes necessary to become a healthy adult.

We can see now that our lives, while sharing history and learned reactions with our family, are separate from our parents or caretakers. We are not doomed to perpetuate the patterns we found necessary to our survival as children.

Any Adult Child, through guidance of our loving Higher Power, can heal, accept the past and grow through the clear and consistent direction provided by the Twelve Steps and Twelve Traditions.

Whether from the most violent alcoholic background or from the illusion of serenity in other dysfunctional homes, every Adult Child can begin progressing through the process of Recovery and the Discovery of "self".

Joe D., Kelly M., Christian C., and Charlie Ann P. 1987



FIRST STEPS

It is indeed confusing to walk into an Adult Children of Alcoholics meeting for the first time. Congratulations on your bravery! In these rooms you are welcome to share the confusion and pain that has haunted you.

Do you qualify for membership?

Many beginners feel that they are not entitled to be in these rooms. There may have been no alcoholism in your family, but if you identify with "The Problem" you probably belong. Adult children of compulsive gamblers, over-eaters, debtors, sexaholics, and generally dysfunctional families have found help and acceptance in these rooms. If you identify with us, you are welcome to consider yourself one of us.

You may hear words that are new to you: "lost child", "hero", "scapegoat", "mascot", "codependent", "introject", "the child within". Read the literature or simply listen and you will understand. You may also hear about spiritual recovery and the 12 Steps.

This is not a religious movement, but many of us have found that a belief in a power greater than ourselves has been helpful. It is not necessary to have religious beliefs, or even to believe in God to participate in this program.

More than one beginner has complained, "But I don't know what I'm supposed to do.

What are the rules? How does it work?"

Strange as it sounds, there are no rules or explanations except to keep coming to meetings. Newcomers are frequently insecure or unsure about what recovery is all about.

While beginners occasionally focus on these issues, they as often do not. So for a beginner, here are a few hints:

Attend six meetings before you decide if ACA is for you.

This is the traditional wisdom. What you hear may make you sad, uncomfortable, or angry. Try to examine your feelings. You may also find yourself getting physical symptoms: dozing off, getting dizzy, feeling nauseated or headachey. All are typical. Recovery is no day at the beach.

Try different meetings.

At the present time there are many different ACA meetings each week available to you. Although we try to make every meeting a safe place, you may feel more comfortable in some than others. Sample and select. Take what you want and leave the rest.

Speak up at meetings.

If you can, get your hand up, even if you can only say your name and that it is difficult for you to speak. It has been so for others of us. We embrace you. Share with us if you can. And once you do speak, others will identify and perhaps grow from what you share. More

importantly, you will. This program works.

Reach out to other ACAs.

If there is someone you are drawn to or strongly identify with, you might tell them so after a meeting. It is not unusual for a group to go out for coffee afterward. Invite yourself or ask another ACA to join you. Isolation is part of this disease and you can break it.

Don't take rejection too personally.

It hurts when we don't get called on or if a friendly overture is rebuffed, especially as we all feel particularly vulnerable in these rooms. Try not to take it too personally. It has happened to all of us.

Remember that each of us is in the room because of conflicts and problems, and some friction and disappointment is inevitable. If you don't get called on, ask to share with someone at the break or after the meeting.

Try to keep the focus on yourself and your feelings.

While it is painful and difficult to do so, we are in these rooms for ourselves and to feel our feelings. Lecturing, advice giving, criticism, feedback, commentary on others, and "fixing" are detrimental to others' recovery as well as your own. Focus on your past: your feelings, your problems, your patterns. This isn't selfish; it is healthy.

**Don't follow leaders.**

Be wary of anyone who acts as an authority figure. We ACAs are each responsible for our own recovery, which comes through the development of our inner voice.

Get phone numbers.

Program is unique to each of us. We must learn to trust ourselves, not authority. We have no officials and our leaders are only "trusted servants". There is no "approved" literature; we can all write it. Anyone can start a meeting. We have no spokesperson, representatives, or experts. Each one of us is expert in our pain, in our needs, in our recovery.

While going through this exciting, painful process, it is enormously helpful to have other ACAs to call in times of stress and need. Ask for people's numbers (some may say no, but that is okay). Call someone. It's hard to lift up that phone and admit your pain, but we have all been there.

Remember that this is a program of spiritual recovery. We practice anonymity, and try to have no gossip or criticism among us.

If any of this is helpful, terrific. If it is not, throw this away. You will recover in your own way at your own pace. Just keep coming back. It works.

Symptoms of Inner Peace

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace, and people everywhere could possibly come down with it in epidemic proportions. This could pose a serious threat to what has been, up to now, a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- **A tendency to think and act spontaneously rather than on fears based on past experiences**
- **An unmistakable ability to enjoy each moment**
- **A loss of interest in judging other people**
- **A loss of interest in interpreting the actions of others**
- **A loss of interest in conflict**
- **A loss of the ability to worry (this is a very serious symptom)**
- **Frequent, overwhelming episodes of appreciation**
- **Contented feelings of connection with others and nature**
- **Frequent attacks of smiling**
- **An increasing tendency to let things happen rather than make them happen**
- **An increased susceptibility to love extended by others as well as the uncontrollable urge to extend it**

What Does ACA Recovery Look Like

By working the Twelve Steps of ACA and by attending meetings regularly, we begin to realise that ACA recovery involves emotional sobriety. That is what ACA recovery looks like. But what is emotional sobriety?

To understand emotional sobriety, we must first understand emotional intoxication, which is also known as para-alcoholism. Para-alcoholism represents the mannerisms and behaviours we developed by living with an alcoholic or dysfunctional parent. As children, we took on the fear and denial of the alcoholic or non-drinking parent without taking a drink.

Emotional intoxication can be characterised by obsession and unhealthy dependence. There also can be compulsion. Even without drugs and alcohol, we can be “drunk” on fear, excitement or pain. We can also be drunk on arguing, gossip, or self-imposed isolation.

In essence the Laundry List, the 14 traits of an adult child, offers a textbook example of the behaviours and attitudes that characterise an emotionally intoxicated person. We fear authority figures and judge ourselves harshly while being terrified of abandonment. Without help, we seek out others to reenact our family dynamics. We can recreate our family dysfunction at home and on the job indefinitely until we find ACA. This means that our adult relationships resemble the template relationship we developed as children to survive an alcoholic or otherwise dysfunctional home. We find others to create chaos, conflict, or unsafe relationships.

Emotional sobriety involves a changed relationship with self and others. We measure emotional sobriety by the level of honesty, mutual respect, and the acceptability of feelings in our relationships. If our relationships are still manipulative and controlling, we are not emotionally sober no matter what we tell ourselves about our recovery program. Emotional sobriety means that we are involved in changed relationships that are safe and honest. We feel a nearness to our Higher Power. We cultivate emotional sobriety through the Twelve Steps and through association with other recovering adult children.

“Emotional sobriety” was formally introduced to the ACA fellowship through the Identity Papers. The 1986 paper, “Finding Wholeness Through Separation: The Paradox of Independence,” shows the genesis of emotional sobriety. The possibility of emotional sobriety is created through the broadening and deepening of the Steps and Traditions.

Meeting List

Scan QR Code

Website: www.adultchildren.com.au

Email: info@adultchildren.com.au





SOME HISTORY AND DEFINITIONS

AA - Alcoholics Anonymous.
The first of the modern 12-Step Programs, founded in 1935.

ACA - Adult Children of Alcoholics. Used by the ACA World Service Organization in Los Angeles.

ACOA - Adult Children of Alcoholics. Used by meetings and Intergroups in areas previously associated with Al-Anon and now registered with ACAWSO

ADULT CHILDREN OF ALCOHOLICS -

An independent 12-Step Recovery group officially formed in 1984, founded on the Steps and Traditions of AA, established for anyone who identifies with "The Problem". In April 1993 the Traditions were changed to "a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family."

AL-ANON FAMILY GROUPS -

A 12-Step organization formed in 1953 and founded on the Steps and Traditions of AA, for the purpose of offering Recovery to "anyone affected by someone else's drinking".

COA - Children of Alcoholics, a generic term used to identify all offspring of alcoholics, including dependent children still living at home. Also the name for independent ACA groups in metropolitan New York City. The first Adult Children meetings used this acronym.

PROGRAM - Usually referred to by 12-Step group members, the Program is usually the personal mix of 12-Step meetings, phone calls, writing, and continual exercise of the simple principles in the Twelve Steps that lead to the individual's successfully releasing the pain of the past and the growing sense of well-being, comfort and appropriate response to "life on life's terms". The independent ACA groups are generally quite open about the use of outside materials in the development of the individual Program. Both AA and Al-Anon publish books and materials that specifically address their form of 12-Step Program and recommend that members use "Conference Approved" Literature.

RECOVERY - A word referring to the personal process of discovery, release and change in the lives of the individual whether recovering from addiction to substances, sick relationships, overwork, compulsion, or other dysfunction. Generally, Recovery (with a capital "R") refers more to the results of the 12-Step Program and self-help support groups that follow.

THE TWELVE STEPS - A system of recovery evolving through the Oxford Groups of the 19th Century, broadened and deepened by the founders of AA in 1935. Adopted by Al-Anon in 1953 and by ACA in 1984.

Independent Adult Children groups use several changes in the First Step - "powerless over our childhoods," "powerless over the effects of alcoholism," etc. These steps are also used by over 100 other groups dedicated to Recovery from various addictions and compulsions.

ACAWSO ratified an official version in April 1993.

KEEP COMING BACK • IT WORKS IF YOU WORK IT AND YOU'RE WORTH IT