



Leader Reading Notes:

- Face to face sentences are noted with a ♥ before the reading.
- Online/phone statements are highlighted in gray.
- Select documents before the start of the meeting when using screen sharing.
- Announce how to mute and unmute several times during the meeting.
- (*Italicized and in parenthesis sentences*) are not read out loud for all meetings.)
- Reading Option 1: The group may go around the room and read a couple of paragraphs of the script and pass. If a member chooses not to read say pass, or
- Reading Option 2: Use the Service Sheets, found in Appendix D, to sign up volunteers for a reading.

(The host may ask for a co host.)

(The host will be the leader for week one of Ready Set GO!!)

READ THE READY SET GO!! MESSAGE BEFORE THE START OF THE MEETING.

Leader

Hi, my name is _____. I am an adult child.

Welcome to week two of a Ready Set GO!! Introductory Meeting, which will introduce Steps 10, 11 and 12.

Will all who care to, please join me in the Serenity Prayer.

*(god, higher power, life, universe, etc)*_____ grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

♥ Let's go around and introduce ourselves. I'll go first. Hi my name is_____and I'm an adult child.

Please raise your virtual hand to introduce yourself with first name, where you are from. Newcomers please go first. (5 mins)

Leader

Ready Set GO!! is an introductory program. Newcomers and experienced members engage in closed face to face or online/phone meetings to gain clarity and understanding of the ACA program and the ACA 12 Steps, and become acquainted with their inner child. Members may use Ready Set GO!! (RSG)in preparation for working the ACA 12 Step Workbook when they are ready to do so. We recognize all our 12 Traditions to ensure safety within the group.

Feel free to leave your fears and anxieties behind you as you experience these introductory meetings.

The material is taken from our Big Red Book, the ACA 12 Step Workbook, and Strengthening My Recovery, the ACA meditation book. It requires those in attendance to listen to the material in good faith, with an open mind and an open heart, and a desire to learn about ACA recovery and emotional sobriety.

Our objective is simple: to introduce the ACA program and introduce the ACA Twelve Steps by bringing clarity, awareness, and the realization that the ACA Twelve Steps offer opportunities for solutions.

For each step, a worksheet is provided that may bring more clarity and understanding. We will set aside a few minutes to fill in the worksheets and to answer any brief questions. Appendix B will provide a complete version of the worksheets.

There is no right or wrong way to do the worksheets. They can be done over time as we grow and heal.

Choosing a sharing partner from this group who has some ACA experience is suggested for support during the six weeks. Sharing the worksheets with a sharing partner, sponsor, fellow traveler, or someone from this group is recommended, when you feel comfortable. This experience with a sharing partner can give the adult child insight into choosing a sponsor.

Sponsors may introduce Ready Set GO!! to their sponsees to begin their work together in ACA, perhaps setting a flexible time frame to accommodate their needs.

♥ Who would like to read The Laundry List Traits? (BRB p. 587-588) (*RSG, pp. ?*)

♥ Who would like to read The Solution? (BRB p. 590) (*RSG, pp. ?*)

_____ Please read The Laundry List Traits. (BRB p. 587-588) (*RSG, pp. ?*)

_____ Please read The Solution. (BRB p. 590) (*RSG, pp. ?*)

Leader

As we begin, we remind ourselves to have an open mind and an open heart. Be gentle with yourself as you go through this experience of Ready Set GO!!. This brief encounter with the Twelve Steps may prepare you to do the ACA Twelve Steps Workbook when you choose to do it. Remember Ready Set GO!! is an introduction to ACA.

Be in peace and let fear and anxiety leave you for this journey.

In Step Ten, 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.

I will read a passage from Strengthening My Recovery which relates to Step Ten: “On this day I will see that when I no longer resist change, happiness and serenity will follow.” (SMR, p. 151)

Please do not rush through the readings, so that we can fully absorb the material.

♥ We will go around the room, read a couple of paragraphs, and then pass. Who will begin reading Step Ten?

_____ please begin reading Step Ten.

Member

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principles: Honesty and Discernment

Step Ten is where we continue to inventory our behavior and thinking. With this Step we continue to let go of control and expose our denial about the effects of being raised in a dysfunctional home. We learn to take a balanced view of our behavior, avoiding the tendency to take too much responsibility for the actions of others. At the same time, we also curb our tendency to blame others when we are obviously wrong, yet are too afraid or ashamed to admit it. In these cases, we keep it simple. There is no need for long analysis of our behavior. . . We know what the issues are for us. We make an amends with briefness in mind but with a sincere desire to change. Keeping it simple is the best course in some matters. Other amends might require background information about our past and a longer explanation. We will discern those situations as they arise.

Step Ten helps us apply what we are learning in meetings and to gauge our daily progress. In Step Ten, we are making a statement to hang onto the hard-won changes we are employing in our lives. We are living with more honesty and affirmation of ourselves. We realize we don't have to act perfect or flawless to be loved or accepted. We can make errors and laugh at ourselves without feeling shame. We are less fearful of people and their opinions of us. (BRB, p. 252)

Step Ten helps us polish the spiritual principles we are learning and using in our daily lives. To remain spiritually fit, we must continue to attend meetings, share our feelings, and help others. By helping others on their path of recovery, we help ourselves and learn

to break our isolation. We get out of ourselves and contribute to the well-being of our ACA support group. With Step Ten, our personal and spiritual lives improve gradually.

Step Ten calls us to inventory our use of the ACA program to improve our marriages, jobs, and choices. We must practice the ACA program in the home and in our jobs if we are to be true to ourselves. The home or office is not an easy place to practice the principles of ACA, but we must. We do not preach about ACA or invade boundaries with our program. Yet, we stand ready to apply the principles of honesty, humility, and forgiveness outside ACA meetings as well as inside the meetings. We also ask for what we need and keep our word. This is not easy, but neither was living with our addictiveness. It took effort to support addictive choices. Practicing spiritual principles and inventorying our lives takes effort as well, but this is the labor of self-love. (BRB, pp. 252-253)

A daily or weekly inventory is different than the hypervigilance we have practiced before recovery. In our Step Ten inventory we judge ourselves less harshly because we know we are human and will make mistakes. We know we can talk about our feelings and our missteps without being judged when we share in ACA meetings. We have shaken hands with our critical inner parent. We are beginning to listen to the actual parent, whom many of us choose to call God. (BRB, p. 254)

Step Ten is where we can continue to integrate any left over character defects or survival skills into our emerging identity. As we learned in Step Seven, there will be residual defects and survival traits that won't recede easily. This does not mean we have failed in previous Steps. Step Ten is where we can acknowledge and embrace these lingering but less useful traits. We use humility and consistent effort to integrate these aspects of our personality. (BRB, p. 256-257)

Leader

On the following pages is the Step 10 Guide consisting of five exercises for you to do daily.

While they are being read, please feel free to fill them in.

Full blank exercises are in Appendix starting with **B25 through B28, and B17** to make copies as needed.

♥ We will go around the room, read an exercise, and then pass. Who will begin reading the Personal Inventory?

_____, please begin reading the Step Ten Guide, starting with The Personal Inventory through the Praise Exercise..

Thoroughly complete the exercises at home with the support of your sharing partner.



STEP TEN GUIDE

Personal Inventory B25 (BRB, pp. 257-258)

Ask yourself these questions daily.

1. Am I isolating and not talking about what is really going on with me?
2. Did I view anyone as an authority figure today and feel frightened or rebellious?
3. Did I dissociate, fantasize, or become involved in self-harm today?
4. Am I keeping secrets and feeling unique? Am I talking about my feelings?
5. Am I being honest in my relationships or am I seeking approval over honesty?
6. Am I acting “perfect” and obsessing over making mistakes?
7. Do I overreact or isolate from others when I perceive that I have been criticized?
8. Am I attending ACA meetings to nurture myself and to give back what was given to me?
9. Have I acted helpful recently to manipulate others?
10. Am I secretly angry at someone, but I am avoiding talking about it?
11. Have I listened to my Inner Child or True Self today?
12. Did I judge myself or someone else without mercy today?
13. Am I listening to the Critical Parent or Loving Parent?
14. Am I remembering that I can ask for help today and that I can call someone?



Choice Continuum Exercise B26

Each day, circle what time of the day or night you think you are having real choice in your life with rigid CONTROL. Keep track of your rigid CONTROL throughout the day. We can change our level of control at any time. We can have choice to back away from rigid CONTROL.

(BRB, pp. 258-259)

USE DAILY or AS YOU PROGRESS

What level am I at with my troublesome survival trait of rigid CONTROL right now?
Circle when you experience different levels of CONTROL.

DENIAL Circle when you experience denial of your CONTROL.

AM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

PM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

SOME CHOICE Circle when you experience some choice of your CONTROL

AM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

PM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

GREATER CHOICE Circle when you experience greater choice of your CONTROL

AM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

PM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

DISCERNMENT Circle when you experience discernment of your CONTROL
(the ability to judge well)

AM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

PM ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫



One Day at a Time Exercise B27

(BRB, p. 259)

Step Ten reminds the recovering adult child

to live in the moment, to enjoy life's gifts, and to feel connected to life.

☒ **Check the tools of recovery you are using to help you live in the moment.**

- ☐ Attending ACA Meetings regularly
- ☐ Attending Ready Set GO!! Meetings
- ☐ Working the Twelve Steps
- ☐ Getting a Sponsor
- ☐ Associating with recovering adult children
- ☐ Sponsoring or supporting new members
- ☐ Getting involved in service work
- ☐ Volunteer to share our recovery at prisons or the treatment setting
- ☐ Answer the Intergroup helpline
- ☐ Seek to become a trusted servant



Feelings and Journaling Exercise B28

(BRB, pp. 260-261)

Select one of the feeling words to complete a sentence each day or every other day to become comfortable with talking about your feelings.

Example:

*"I feel **hopeful** when I **attend an ACA meeting** because **I know I am being heard.**"*

loved	joy	ashamed	humorous	irritated
angry	embarrassed	trusted	betrayed	pleased
satisfied	ambivalent	hopeful	inspired	loving
frustrated	disappointed	grief	accepted	excited
grateful	confident	humiliated	guilty	serene
rested	shame	abandoned	pleasure	safe
tenacious	thoughtful	playful	fascinated	enthralled

DATE: _____

I feel _____ when I _____ because _____.

DATE: _____

I feel _____ when I _____ because _____.

DATE: _____

I feel _____ when I _____ because _____.

DATE: _____

I feel _____ when I _____ because _____.

DATE: _____

I feel _____ when I _____ because _____.

DATE: _____

I feel _____ when I _____ because _____.



Praise Exercise B17

(From the Fourth Step)

I will read the Praise Exercise, will help balancing positive and spiritual qualities,
and as I read please feel free to circle at least 10 assets.

At home do the repeat exercise (BRB p. 188)

Sit quietly and circle at least 10 assets.

(Reader may read each word repeating I am _____.)

strong	humorous	sensitive	willing
intelligent	compassionate	courteous	talented
honest	organized	spontaneous	creative
loving	a listener	spiritual	trustworthy
tenacious	judicious	accepting	modest
kind	hard working	a friend	an ACA member

Repeat, I am _____ for each circled asset.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

I am _____.

Leader

Congratulations! You have been introduced to Step Ten.

Are there any brief questions about the worksheet or what we have read?

♥ Before we break into our small groups, we will read the small group sharing guidelines for the safety of the groups. We will go around the room, read a couple of paragraphs, and then pass. Who will begin reading.

Before we break into our groups of four, _____ please read the small group sharing guidelines for the safety of the groups. (Leader prepare rooms)

Member

We are providing these guidelines to help everyone maintain the spiritual, unified, supportive and loving atmosphere of ACA meetings. We thank you for your service in participating as you choose, when you choose, and respecting others' choices to do the same. Following these guidelines will help each small group run smoothly, and with care for all.

- Each member will introduce themselves with their first name when and if they choose to share. They may follow their name with "I am an adult child," if they choose.
- If someone chooses not to share, they may offer their first name and say, "Pass."
- Each group needs a timekeeper, to ensure time for all to share. Any group member can provide this service.
- Our sharing time is 15 minutes, with three minute shares for each person. If you would like a one minute warning, please ask the timekeeper. At the end of three minutes, the timekeeper can announce "Time." Please end or briefly wrap up your share when you hear "Time."
- Share on anything read in the last section, and/or whatever is on your heart. Remember to focus on ACA recovery.
- Share your experiences only, by using "I" statements to focus on yourself. For example:
 - What brought me to this ACA meeting today?
 - What I heard in the readings that really struck me.
 - What I heard in the readings that I could relate to.
 - What I experienced with a worksheet.
- Each member shares responsibility for keeping their small group safe. Be courteous, and attentive as best you can, to allow others to share the experience, strength and hope that holds true for them.
- We do not cross talk during shares. Cross talk means interrupting, referring to, or commenting on another person's share. We do not cross talk, because adult children come from family

backgrounds where feelings and perceptions were judged as wrong or defective. We accept without comment what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others

- Each group is invited to say the The Serenity Prayer before any sharing, however they may choose.
- We ask that each person here refrains from any language and behaviors that threatens the well-being of any of our members. Together, we will have a welcoming, safe, respectful, and inclusive meeting place for all our members.
- For any reason if you feel you need to leave your small group before the 15 minutes are up, feel free to come back to the main room. Welcome back. We will go on to Step Eleven.

Leader

Welcome back. Let's take a three minute break.

In Step Eleven 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.

I will read a passage from Strengthening My Recovery which relates to Step Eleven: "On this day I live in the moment by taking care of both my mind and my body. I breathe, move, and ask my Higher Power to be with me." (SMR, p. 101)

Please do not rush through the readings so that we can fully absorb the material.

♥ We will go around the room, read a couple of paragraphs, and then pass. Who will begin reading Step Eleven?

_____ Please begin reading Step Eleven

Member

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for knowledge of God's will for us and the power to carry that out

Spiritual Principles: Seeking and Listening

Step Eleven is where we travel often to find greater levels of maturity through prayer and meditation. Through meditation, we begin to visualize emotional sobriety. We find out

what ACA recovery looks like. We begin to see that recovery is a noticeable freedom from the damaging effects of The Laundry List traits. We realize our Step work has brought some measure of healing from the trauma and neglect of our childhood. We intuitively rely on the Steps and ACA meetings to face every situation in our lives. We rely upon God as we understand God for sure footing. With emotional sobriety, reparenting ourselves becomes a reality in our lives. We love ourselves. The proof of emotional sobriety can be found in our relationships with others and with God, as we understand God. (BRB, p. 265)

With meditative techniques, we let go of racing thoughts. We learn to be in the moment and to be present in our bodies. We learn that our thoughts can end. . . . We can let troublesome thoughts die a natural death in meditation.

In Step Eleven, we take time out of the day to focus on our spiritual path. We connect with God through our True Self when we find stillness and listen for God's footprint. Our True Self knows God's call. The True Self knows the path that our Higher Power takes to the heart. It is the path of love. (BRB, p. 266)

Our primary founder, Tony A., said "The adult child personality is a personality which doubts God or cannot believe the unseen, but which seeks God who is unseen." We cannot stop ourselves from seeking contact with a Higher Power. It is part of being an adult child, and we must accept this great fact. We are called to God and cannot resist. Acting distracted or indifferent no longer works. The True Parent calls. (BRB, p. 265)

Whatever meditative style we choose, the goal is to seek God's will and the power to carry that out. With continued meditation, we return to our everyday activities, feeling more emotionally sober. We feel more energy to get involved in life and to contribute in making a better world. By traveling inward in meditation, we find strength to go farther outward than we could have imagined. (BRB, pp. 272-273)

Prayer and meditation will take us further. We pray to put into action the principles and concepts we are finding in ACA. We pray for strength and power to work the ACA program and to stay focused. We pray for God to enter our thought life and take out what blocks us from accepting ourselves. We pray to connect with our Inner Child. (BRB, p. 274)

The simple prayer is an example of seeking and listening, which is the heart of ACA's Eleventh Step. Many ACA members describe prayer as seeking God's guidance and meditation as listening for it. We pray and listen in Step Eleven. (BRB, p. 275)

With prayer and meditation we find our true inner power. This is the inner strength that we have always had but used limitedly. God has been holding onto it until we were ready to claim it in Step Eleven. This is the power which changes our life and our course of thinking and behaving. This is the power which keeps us going when we lapse into judging ourselves or feel discouraged about making progress in ACA. This is the power that we find when we ask humbly to be used for the greater good of the world.

We feel more alive than ever before with Step Eleven. We are more imaginative and hopeful. A return to prayer and creativity are two of the gifts of Step Eleven in addition to making conscious contact with God within. (BRB. p. 275)

Prayer

“God,
When I look let me truly see.
When I listen let me truly hear.” (BRB, p. 275)

Leader

Next we will introduce The Step Eleven, Focusing Daily On Our Spiritual Path Worksheet, is on the following page.

Full blank worksheets are in Appendix B29 to make copies as needed.

I will read the following worksheet.

You will have 3 minutes to fill it in, to the best of your ability.

Thoroughly complete the worksheet at home with the support of your sharing partner if needed.

(The Leader may choose to play “Awakening My Little One” softly in the background during the time given for members to fill in the worksheet.) (Alert the timekeeper)

Step 11 Worksheet B29

Focusing Daily on our Spiritual Path

Ways of Seeking Higher Power’s Will	Ways of Listening for Higher Power’s Will
<i>examples: be relaxed, be open minded, be willing to hear my higher power, or an anything else you may think of.</i>	<i>examples: use prayer, use quiet time, use reading affirmations, use meditation, be in nature, or an anything else you may think of.</i>

Congratulations! You have been introduced to Step Eleven.

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.

I will read a passage from Strengthening My Recovery which relates to Step Twelve: "On this day I give service to the ACA fellowship from love, realizing that I am supporting my own progress when I help make another member's progress possible." (SMR, p. 144)

Please do not rush through the readings, so that we can fully absorb the material.

♥ We will go around the room, read a couple of paragraphs, and then pass. Who will begin reading Step Twelve?

_____ Please begin reading Step Twelve.

Member

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others who still suffer, and to practice these principles in all our affairs.

Spiritual Principles: Love and Self-love

In Step Twelve we claim our program of recovery for ourselves by putting into practice the spiritual principles we have used and continue to use to reparent ourselves. The principles include surrender, hope, honesty, self-forgiveness, humility, and many more from the Twelve Steps. (BRB, p.282)

(Additional principles are: powerlessness, open-mindedness, clarity, willingness, acceptance, courage, trust, forgiveness, discernment, seeking, listening, love, and self-love).

The Twelfth Step is our stage where we become actors instead of reactors without solutions. Acting from a foundation of self-love and respect, we offer our spiritual solutions to adult children seeking a better way of life. We also help ourselves. (BRB, p. 283)

One of the results of a spiritual awakening involves the understanding that God is real. With a spiritual awakening, we move from theories about God to the belief that a Higher Power is accessible and hears our prayers. We know that a loving God or a Spirit of the Universe exists. We have come to believe that God, as we understand God, is the Actual Parent. (BRB, p. 283)

With a spiritual experience, we usually realize that we are transformed in some manner. We know something has changed inside of us even though we do not yet fully understand it. For some of us, our spiritual focus seems sharper. We know a peace that we could not imagine previously. We can still have moments of being affected by life, but these moments seem milder and are handled more quickly. We know there is something greater than ourselves at work in the universe. We let go and let God work in these matters. (BRB, p. 284)

A spiritual awakening simplifies our lives. We intuitively know what we need and what we can live without. We are no longer reacting to people, places, and things. We live and let live. (BRB, p. 286)

Spiritually awake adult children understand the spiritual axiom which states: “We must give away what we have to keep it.” This is one of the most selfless acts of love we can offer a confused world; however, we must love ourselves first to have something to give away. . . Self-love is a result of working the Twelve Steps, being vulnerable, asking for help, and being aware of our bodies through meditation and proper breathing. We love ourselves when we find our pain. We sit with it without acting out on drugs or some other compulsive activity. We go after our stored grief and greet it and feel it. We find our True Selves and sit beside the Divine light. (BRB, p. 288)

Meanwhile, those who are spiritually awake accept Twelve Step work with an attitude of service rather than sacrifice. By the time we reach this Step, we know the difference between being a rescuer and giving service with love. (BRB, pp. 289-290)

While much of ACA’s program involves the inward journey, Step Twelve reminds us to journey outward as well. We carry the message to other adult children in our meetings, on the telephone, and through service work. We get out of ourselves by sponsoring others, giving rides to meetings, and by getting involved at an ACA event or fund raiser. There are many opportunities if we only look. Most of this activity falls under the title of Twelve Step work, and it means that we are answering the call to carry the message to others. (BRB, p. 292)

Leader

Next we will introduce The Step 12 Worksheet, Carrying the Message to Those Who Still Suffer, on the following page.

Full blank worksheets are in Appendix B30.

I will read the following worksheet.

You will have 3 minutes to fill it in, to the best of your ability.

Thoroughly complete the worksheet at home with the support of your sharing partner if needed

(The Leader may choose to play “Awakening My Little One” softly in the background during the time given for members to fill in the worksheet.) (Alert the timekeeper)



Step 12 Worksheet B30

Carrying the Message to Those Who Still Suffer

This introduction to the ACA 12 Steps introduced you to spiritual principles you may have never heard of. This chart indicates where you stand with each spiritual principle. Check how you feel about each spiritual principle.

♥ means you have gained some understanding of this principal,
R means you are **ready** to try to use this principal.
S means you will **set** this principal into all of your affairs.
G means you are **going** to share what you have been given with those who still suffer.

Spiritual Principles	♥	R	S	G
Surrender				
Hope				
Honesty				
Self-forgiveness				
Humility				
Powerlessness				
Open-mindedness				
Clarity				
Willingness				
Acceptance				
Courage				
Trust				
Forgiveness				
Discernment				
Seeking/Searching				
Listening				
Love				
Self-love				

Congratulations! You have been introduced to Step Twelve.

Are there any brief questions about the worksheet or what we have read?

♥ Before we break into our small groups, we will read the small group sharing guidelines for the safety of the groups. We will go around the room, read a couple of paragraphs, and then pass. Who will begin reading.?

Before we break into our groups of four, _____ please read the small group sharing guidelines for the safety of the groups. *(Leader prepare rooms)*

Member

We are providing these guidelines to help everyone maintain the spiritual, unified, supportive and loving atmosphere of ACA meetings. We thank you for your service in participating as you choose, when you choose, and respecting others' choices to do the same. Following these guidelines will help each small group run smoothly, and with care for all.

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- Share on anything read in the last section, and/or whatever is on your heart. Remember to focus on ACA recovery.
- Share your experiences only, by using "I" statements to focus on yourself. For example:
 - What brought me to this ACA meeting today?
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- We do not cross talk during shares. Cross talk means interrupting, referring to, or commenting on another person's share. We do not cross talk, because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective. We accept without

- comment what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others
- Each group is invited to say the The Serenity Prayer before any sharing, however they may choose.
- We ask that each person here refrains from any language and behaviors that threatens the well-being of any of our members. Together, we will have a welcoming, safe, respectful, and inclusive meeting place for all our members.
- For any reason if you feel you need to leave your small group before the 15 minutes are up, feel free to come back to the main room. Welcome back.

Leader

Welcome back. We are going to begin our closing.

♥ In accordance with the 7th Tradition, which states that each group will be self-supporting, we will pass a basket for donations.

In accordance with our 7th Tradition WSO: <https://adultchildren.org/7th-tradition/online-contribution/> donating would greatly support literature and publishing for Ready Set GO!! and please also consider our sponsoring Intergroup IG #70, go to westgreatlakesaca.org

Thank you for participating in our fourth week of Ready Set GO!! introducing Steps 10, 11, and 12. Thanks to our readers and our timekeeper.

This completes RSG's introduction to the ACA program and the ACA 12 Steps. We will begin the first week of RSG's Introductory Inner Child Workshop "Awakening My Little One" with Week Five. The following week we will go into the second week, Week Six and will thus complete RSG's introductory inner child Workshop.

(The host may use the option to be the leader for the last 2 weeks of the Inner Child Workshop or ask for a volunteer for Week Five and Six.)

Please have a picture of yourself as a child. Supplies you may like to have include blank paper, pencils, crayons, scissors, cutouts of old magazines, and glue to create a collage and do exercises with your Inner Child. Feel free to scribble, doodle, draw, and write letters, affirmations or feeling words.

Please read the readings on the day of our next meeting. (LLT, Twelve Steps, 12 Traditions, and the Promises)

After our Closing Prayer, have a question and answer session, and join in fellowship.

(Leader may read or ask a member to read.)

Will you please join me for our Closing Prayer, Gathered Together

Gathered Together

Higher Power, gathered together we find great peace and serenity.

We seek hope to become whole as we were created to be.

We find strength to deal with life as we grow in our program.

We trust that as we find courage we will feel free and secure.

We are grateful to have the support of our group who understands us.

We believe that Your Presence in our life will give us all that we need.

We close our meeting with a feeling of belonging and being loved.

Keep coming back!,

It works if you work it! and

And you are worth it!

***Suggestions for the leaders for the last 2 weeks of
RSG Inner Child Workshop.***

***Create a slideshow of baby/child pictures of members
for the last week of RSG and offer a link as a
keepsake.***

***Create a poll, if available for the members to respond
to questions to improve RSG meetings.***

***Create a RSG Member Evaluation and suggestions to
continue updating and improving
RSG in google forms.***

