



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.) Online/phone statements are highlighted in gray.

(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 three of a Ready Set GO!! Introductory Meeting, which will introduce Steps 6, 7, 8 and 9.

Will all who care to, please join me in the Serenity Prayer, however you choose?

*(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 Six we will become willing to have God remove our defects of character.

I will read a passage from Strengthening My Recovery related to Step Six: “On this day I will gratefully and joyously remember that my defects are losing their hold on me as my recovery grows.” (SMR, p. 181)

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 6?

_____ please begin reading Step Six.

Member

Step Six

Were entirely ready to have God remove all these defects of character.

Spiritual Principle: Willingness

In Step Six we realize that we have defects of character like most of the population in the world. However, our defects of character tend to be entrenched and trap us in unfulfilling relationships and block us from receiving the love of a Higher Power. Our defects can include procrastination, lust, envy, greed, selfishness, and judgmentalness. We also have survival traits or common behaviors. The survival traits are the 14 characteristics of The Laundry List (Problem). These common behaviors represent the effects of growing up in a dysfunctional home. They are in a different category than defects of character.

Our survival traits include people-pleasing, addictiveness, hyper vigilance, and stuffing our feelings to avoid conflict or arguments. We often confuse love with pity and tend to “love” those we can rescue. Even though we have identified such traits in Step Four, we are still new at this. We need focus to find our best course of action for release. Many adult children take the path of removal for character defects and take the path of integration for the survival traits.

There is a key distinction between defects of character and the survival traits of The Laundry List. (BRB, p. 209)

The key to becoming free of character defects while making peace with our survival traits involves a three-pronged approach with willingness, prayer, and time. (BRB, p. 210)

Willingness is our most powerful ally because it means we are teachable when it comes to addressing our defects of character. By being teachable, we learn to discern how much effort to put into changing our defects and when to get out of the way and let God handle it. (BRB, p. 21)

THE LAUNDRY LIST TREE

The Branches Laundry List 14 Traits

Para alcoholics
Codependency
Reactors rather than actors
Judge ourselves harshly
Stuff our feelings
**Afraid of people and
authority figures**
Confuse love and pity
Addictive lives
Addicted to excitement
Approval seekers
Self-sacrificial
Terrified of abandonment
Frightened by angry people
**Live life from the
viewpoint of victims**



On the Cover

The front cover of the ACA 12 Steps Workbook depicts **The Laundry List Tree**, which represents the traits of an adult child. The tree also shows the distinction between the traits which are learned in childhood and the defects of character that develop later in life. The Laundry List Traits represents the limbs while the character defects are the fruit.

Page 211

The Fruit Defects of Character

Mistrust
Feeling Superior
Procrastination
Greed
Pettiness
Envy
Lust
Perfectionism
Isolation
Dishonesty
Judgmental
Self Centeredness

Becoming willing to have a Higher Power remove our defects of character can range from being painless, to moments of discomfort to agony. (BRB, p. 212)

We now have friends and a higher power to rely on. We are not alone. (BRB, p. 212)

Our experience reveals that there is value in emotional pain. With support, and with gentleness, we can find our healthy pain and its healing release. (BRB, p. 212)

By facing our pain, we learn that we really are not alone in our suffering. When we find ourselves in this kind of pain in Step Six, we stay close to meetings and keep our faces turned toward God as we understand God. (BRB, p. 213)

With Step Six, you are taking the time to become entirely ready. You are about to humbly ask God to remove your shortcomings with a Seventh Step prayer. Step Seven states: "Humbly asked God to remove our shortcomings."

We have a list of our defects of character. We prepared our list by reviewing our Fourth Step inventory. We also understand our survival traits and their function in our life. These are The Laundry List traits that we respect but which now must be further lessened or integrated.

Our character defects and survival traits are old friends we are beginning to bid farewell. (BRB, p. 214-215)

By now, we have stopped punishing ourselves. We are asking God, as we understand God, to help us become entirely ready to have these defects of character removed. We must realize that good intentions do not work in removing our defects of character. . .We need help from a power greater than ourselves to achieve Step Six results. (BRB, p. 215)

Leader

The Step Six Checklist Worksheet is on the following page.

Full blank worksheets are in Appendix B.

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 6 Checklist Worksheet B19

Circle Defects of Character and Laundry List Traits I am willing to have removed and/or integrated by my Higher Power.

To be done over time as I progress.

Defects of Character
mistrust
feeling superior
procrastination
greed
pettiness
envy
lust
perfectionism
isolation
dishonesty
judgementalness
self centeredness

Laundry List Traits
para alcoholics
codependency
reactors rather than actors
judge ourselves harshly
stuff our feelings
afraid of people and authority figures
confuse love and pity
addictive lives
addicted to excitement
approval seekers
self-sacrificial
terrified of abandonment
frightened by angry people
live life from the viewpoint of victims

Congratulations, you have been introduced to Step Six.

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

We will go on to Step Seven.

In Step Seven we learn to remove defects of character and integrate our Laundry List survival traits. We transform them into spiritual assets when possible.

I will read a passage from Strengthening My Recovery which relates to Step Seven: “On this day I will continue on this journey to work with my Higher Power to remove my shortcomings. I choose to be healthy.” (SMR, p. 192)

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

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

_____ Please begin reading Step Seven

Member

Step Seven

Humbly asked God to remove our shortcomings.

Spiritual Principle: Humility

As we approach Step Seven, we take time to notice that we have taken a fearless and thorough look at ourselves and our family of origin. (BRB, p. 219)

In Step Seven, we realize we cannot remove our shortcomings without the help of a Higher Power. We may have had moments of freedom from our defects, but they seem to return or take on a new form if we fail to ask for God’s intervention. To our horror, we see a defect reappear in a new obsession or new twist that is torturous to face alone. In Step Seven, we muster all the trust or faith that we can. We rely upon God to remove our defects of character. We humbly ask God, as we understand God, to remove our shortcomings. (BRB, p. 220)

For removal of our defects of character, we sit in a relaxed position and concentrate on becoming entirely willing. We also become willing to integrate our survival traits. We may meditate and pray. When we are ready, we repeat the Seventh Step prayer for each defect or survival trait we wish to have removed or integrated. Do not be concerned if you are not clear if you are addressing a defect or survival trait. God will understand. Humbly ask God, as you understand God, to remove your defects of character. (BRB, p. 220)

Step Seven - Prayer - Defects of Character - and Laundry Traits, survival traits or common behaviors Worksheets B20

When we are ready, we repeat the Seventh Step prayer for each defect or survival trait we wish to have removed or integrated. (BRB, pp. 220-221)

Seventh Step Prayer - Character Defects

(god, higher power, life, universe, etc) _____ I am now ready that you should remove from me all my defects of character, which block me from accepting your divine love and living with true humility toward others. Renew my strength so that I might help myself and others along this path of recovery.

*"I humbly ask you to:
"Remove my defect of _____. Amen."*

Select Defects of Character:	
mistrust	lust
feeling superior	perfectionism
procrastination	isolation
greed	dishonesty
pettiness	judgementalness
envy	self centeredness

Seventh Step Prayer - Laundry List Traits

(god, higher power, life, universe, etc) _____ I am now ready that you should integrate my survival traits, which block me from accepting your divine love. Grant me wholeness.

*"I humbly ask you to
"Integrate my trait of _____. Amen."*

Laundry List Traits survival traits or common behaviors:	
para alcoholism	being addicted to excitement
codependency	being an approval seeker
being a reactor rather than an actor	being self-sacrificial
judging myself harshly	being terrified of abandonment
stuffing my feelings	being frightened by angry people
being afraid of people and authority figures	living life from the viewpoint of a victim
confusing love and pity	leading an addictive life

With our character defects and survival traits addressed, we rely upon our Step Seven humility to prepare us for the amends process in Step Eight and Nine. Humility will lead us as we find our path of self-forgiveness while making things right for those we have harmed. (BRB, p. 221)

Step Seven is an ongoing process. We can work this Step almost anywhere and anytime we feel the need to have a character defect removed. If we slip into judging another AC member wrongfully, we can say “God. Please remove my shortcoming of judgmentalness.” (BRB, p. 222)


Humility is not humiliation; however, some adult children have humiliated themselves and found humility. Humiliation tends to come from our need to harm ourselves by reenacting the shame from our childhood. Without help, our toxic shame from the past will find a way to express itself in our adult lives no matter how perfect we act and no matter how hard we try to control ourselves or others. The shame finds a way to well up. We are horrified by its expression in relationships or events and our participation in it.

Humility comes from God and is a sibling of anonymity, a foundational principle of the Twelve Steps and the Twelve Traditions. Through anonymity, we practice service with love. We seek to be of maximum service to our Higher Power and others.

With humility we find that our will aligns with God’s will on a more frequent basis. True humility is the willingness to seek and do God’s will with our best effort. We know that we are not perfect and know we could fall short. Yet, we try our best to live this Step and obtain its spiritual intent of removing our shortcomings through humility. (BRB, p. 223)

In addition to an inner peace and a glimpse of God’s will, humility also brings an unexpected burst of creative energy for many adult children. Since we have backed away from trying to control others, we suddenly realize we have more energy to do things for ourselves. We have more time to attend concerts, go hiking, or begin a book of poems or finish one. Many adult children take their Inner Children to the circus, or buy watercolors and spend afternoons painting and mixing colors to see what happens. (BRB, p. 225)

We reparent ourselves by listing any problematic thinking or behavior that might linger after completing Step Seven. We strive to be free of these defects of character, but we also remind ourselves that we have positive qualities. Through humility, we can ask our Higher Power to help us avoid picking up and using a defect of character. We humbly ask our Higher Power to help us address our remaining defects. In this exercise we seek balance in our lives. We avoid focusing only on our problematic behavior. List your positive qualities across from problematic behavior that continues to affect your life. We reparent ourselves with the positive qualities. (BRB, p. 225)

Continued Defects Problematic Behaviors	 THROUGH HUMILITY	Balance/Reparent with Positive Qualities
self centered	↔	selflessness
not always honest	↔	rigorous honesty
manipulative	↔	security
perfectionist	↔	compromise

Leader

Step 7 Worksheet is on the following page.

1. Check #1 Problematic Behaviors that apply to you,
2. Check #2 Positive Qualities that apply to you

The lists do not relate or connect to each other.

Full blank worksheets are in Appendix B21.

While I read check all that apply to you

You will have 3 additional minutes to go over your work.

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

(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 7

Worksheet B21

#1 Check Problematic Behaviors that Continue to Affect my Life	
	Abrupt
	Aloof
	Argumentative
	Boisterous
	Blunt
	Cold
	Critical
	Domineering
	Fearful
	Greedy
	Hateful
	Inconsiderate
	Irritable
	Miserable
	Resentful
	Sanctimonious (smug)
	Suspicious
	Thoughtless
	Timid
	Troublesome
	Ungrateful
	Unfulfilled
	Vengeful
	Weakness
	Worthless

*Check #1 the
Problematic
Behaviors
and then
Check #2 the
Positive Qualities
that apply to me.*

**#1 - Check
Problematic
Behaviors that
Continue to
Affect my life**

=====

**#2 - Check
Positive
Qualities to
Balance/Reparent
Myself**

Thoroughly
complete the
worksheet at home
with the support
of a sharing
partner.

#2 Check Positive Qualities to Balance/Reparent Myself	
	Admirable
	Agreeable
	Balanced
	Calm
	Capable
	Courageous
	Compassionate
	Dedicated
	Efficient
	Enthusiastic
	Flexible
	Forgiving
	Good natured
	Humble
	Objective
	Open
	Patient
	Profound
	Punctual
	Reliable
	Respectful
	Satisfaction
	Spontaneous (open)
	Tolerant
	Warm

Congratulations! You have been introduced to Step Seven.

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.

Leader

Welcome back. We will go on to Step Eight.

In Step Eight 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.

I will read a passage from Strengthening My Recovery which relates to Step Eight: “On this day I will stay current with the amends I owe myself, and then work with those I may owe others.” (SMR, p. 224)

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 Eight?

Please begin reading Step Eight

Member

Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principles: Willingness and Self-forgiveness

In Step Eight we make a list of the people we have harmed and become willing to make amends to them all. While making such a list, we are also mindful of our Inner Child and the need to protect the child within from harm during the amends process. While we will concentrate here on willingness and making the list, we must realize that many adult children have families that remain in denial about family addiction or dysfunction. Walking into your home and announcing that you are an adult child might bring an unintended effect. We urge caution for some

circumstances; however, we do not let fear or being uncomfortable stop us from making this important list of our wrongs.

With Step Eight and Step Nine we are strengthening our commitment to changing our lives. We are doing something that is not easy but which will build confidence and set us free. We are moving past our comfort zone. We are moving further away from our dependent, people-pleasing selves toward our new home. We are improving a real connection with our Higher Power. (BRB, p. 230)

Making an Eighth Step list of those we have harmed and facing our part is an act of courage. This outward courage is a reflection of our inward strength that has been there all along. How could we have survived and arrived at ACA without this inner courage and without a Higher Power? While we once thought we survived by coincidence, we are now beginning to believe in divine intervention at some level. Not all of us can put our finger on it, but many of us know we should not be here. We should not have survived, but we did. We certainly should not have made it to ACA where we now sit contemplating a list of people we have harmed and feeling confident enough to follow through with amends. . . . Many of us who have been locked up or locked down, realize we are lucky as well to have this chance. We want to be sincere. We want to follow through and contribute to society in a meaningful manner. We also want to be the best we can be for our immediate families. We want to finally be emotionally, spiritually, and physically present with them. (BRB, p. 231)

In Step Eight, we are still learning to trust ourselves and to stand with ourselves without fading. If we balk at forgiving ourselves, we face this doubt and affirm ourselves. We get back to the business of self-forgiveness. We show self-forgiveness when we place our name at the top of the Eighth Step list. We also show self-forgiveness by listening to the words we use to describe ourselves. Where we once described ourselves as “lazy,” “mean,” or “incapable of love,” we now describe ourselves in a gentler tone and with language that reflects the growing love inside of us. We begin to hear ourselves say: “I thought I was unlovable, but in fact I am a precious child of God. I am a miracle.” (BRB, p. 234)

Leader

The Step 8 Amends List Worksheet is on the following page.

Full blank worksheets are in Appendix **B22**.

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 8 Amends List Worksheet B22

PERSON/ RELATIONSHIP/
MAKE AMENDS FOR/ BEHAVIORS THAT WILL CHANGE

Person to make amends:

Suggested to put yourself first

Relationship

What am I making amends for

Behaviors that will change

Congratulations! You have been introduced to Step Eight.

We will go on to Step Nine.

In Step Nine, 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.

I will read a passage from Strengthening My Recovery which relates to Step Nine: "On this day I will practice new, trusting behavior with my ACA friends. I will continue to learn healthier ways of communicating that will keep me from leaving others for the wrong reasons."

(SMR, p. 113)

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 Nine?

_____ please begin reading Step Nine.

Member

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principles: Forgiveness and Courage

Step Nine can be one of the greatest recovery moments that we will ever experience in ACA. While the Step can appear daunting, Step Nine is one of the fellowship's best kept secrets. The emotional and spiritual rewards of this Step are like a great hidden treasure. We cannot tell you how the amends process will turn out for you, but we can promise fulfillment and growth that will exceed your expectations if this Step is faced with honesty, sincerity, and thoroughness.

We liken the Steps leading up to Step Nine as a spiritual ropes course. The challenge course has involved risk, group support, and the realization of inner courage. (BRB, p. 237)

We see no blame for anyone for what we are about to do in Step Nine. We are not blaming our parents or ourselves. We are willing to make amends to those we have harmed so that we can be free to serve God and society. During the amends process, we will protect ourselves and our Inner Child, but we will not shrink from this important Step. We feel as if we are closer to God, and we want to live and let live. We are learning to reparent ourselves with love and gentleness. The sky is clear. We step off into Step Nine. (BRB, pp. 238-239)

Step Nine is about mending relationships with others and ourselves. The Step also involves cleaning up the wreckage of our past and being willing to release resentments. In some cases, amends will help restore a relationship. In other cases, an amends will bring closure to a past relationship or association. (BRB, p. 239)

The emotional and spiritual rewards for making our amends are awesome. Many such benefits are intangible but they assure us that we are finally making greater progress in our lives. We are truly involved in real behaviors that are bringing change into our lives. In Step Nine, we are bringing together the pieces of our spiritual blueprint created by the preceding Steps. We are building our new home. We are turning on switches and opening windows installed by the hands of the Spirit of the Universe. There is still work to be done, but we are on our way. We have our foundation in place.

We approach Step Nine with humility and with a sense that we are about to make a significant shift in our lives. We are breaking the shackles of unhealthy dependence and carried shame. With the support of ACA, we understand we can lay down the guilt and shame we have carried from past behavior. We realize that this is a chance to address behavior that we thought was unforgivable. For years, many of us have carried guilt about some thoughts and actions. Many of these behaviors are a reenactment of what was done to us as children. Some of us have struggled horribly with these behaviors, believing we were evil or hopeless. We may have even tried to change but failed. We thought we were unique. Some of our behavior has been disturbing and perhaps outside the bounds of law. With Step Nine, we are naming what we have done and making amends for what we have done. With the help of ACA, our worst acts become forgivable if we are humble and seek help from a Higher Power. Honesty is a must as well. (BRB, p. 240)

We approach our amends list with an attitude of neutrality. We are not judging ourselves or others for their wrongdoings. We want to focus on our own missteps and not on the other person. (BRB, p.240)

During our amends, we don't attempt to educate people about ACA unless they ask. Even then we keep it brief unless they sincerely want to hear more. We don't recruit people to ACA in our amends process. We also don't bring up our newfound spirituality unless the moment is appropriate. It is not wise to meet someone we have harmed and announce our new or renewed focus on God. To do so places us at risk of being branded a religious crank.

Amends vary in type and form, but keep in mind that amends means making things right. Our first amends should be to ourselves. We have harmed ourselves with codependency, drugs, sex, work, gambling, and food like no other people on the planet. . . We are claiming our spot in ACA. We matter. We can forgive ourselves.

We use our inner courage to make a start. With our amends, we make no excuses for our behaviors, but we promise to do our best to change. We make practical statements about change instead of uttering grand resolutions or windy claims to be different. We want our actions, rather than our words, to show that we have changed. (BRB, p.242)

Step 9 - Suggested - Verbal Amends B23

During an amends, we might say:

"I am involved in a program in which I am learning to change my behavior and to live more honestly and openly. Part of the process involves making amends to people I have harmed with my behavior. I am making amends to you for _____ (name the behavior, action, or other). I want to make it right. I am not making excuses, but I have harmed people based on my lack of knowledge about living, I am changing my behavior." (BRB, p. 242)

Leader

The Step Nine Amends Process Worksheet is on the following page.

Full blank worksheets are in Appendix B24.

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 9 Amends Process Worksheet B24

Naming What I Have Done

Examples: *harmed my true self with codependency, drugs, sex, work, gambling, food, guilt and shame, or anything else you may think of.*

Steps to Prepare

Examples: *be humble, seek help from my Higher Power, be sincere, be forgiving, be courageous, ask for support from my sponsor and group, or anything else you may think of.*

Actions to Make Things Right

Example: *be honest, understanding, patient, loving, caring; pray, go to ACA meetings, and share my experience, strength and hope, or anything else you may think of.*

Leader

Congratulations! You have been introduced to Step Nine.

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.

Leader

Welcome back.

We will continue with wrapping up our third week of RSG.

♥ 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 the 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 third week of Ready Set GO!! which introduced Steps 6, 7, 8 and 9.

Thanks to our readers and our timekeeper.

Next week we will introduce Steps 10, 11 and 12.

Who would like to be the leader for Week #4?

Please read The Laundry List Traits, The Solution, The 12 Steps, The 12 Traditions, and The Promises on the day of our next meeting.

(Optional: Ask members to email the leader a baby/child picture for a special remembrance of RSG presentation before the last week of RSG and/or bring their childhood picture the last week of RSG.)

After our Closing Prayer, have a question and answer session, and join in fellowship. Will you please join me for our Closing Prayer, Gathered Together?

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

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

You are Worth it!

