

Loving Parent Workbook Study Group Wednesday 6pm UK, 7pm CET, 1pm Eastern

Zoom ID 810 2871 7466 pw 711

Hello. My name is (your first name), an adult child. Welcome to our ACA Loving Parent Workbook Study Meeting.

The focus of this meeting is recovery through the study, application and practice of the Loving Parent Guidebook.

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

If we wish to change our lives, we must learn a new way of life. May our connection to a power greater than ourselves support us as we find the words, and actions to nurture our inner family. May we make life-changing miracles of reparenting an active part of our day.

Prayer

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

To the God or Higher Power of your own understanding,

God grant me the serenity to accept the things I cannot change,

The courage to change the things I can,

And the wisdom to know the difference.

Solution

The solution is to become our own loving parent. As ACA becomes a safe place, we find freedom to express all the hurts and fears we have kept inside and to free ourselves from the shame and blame that are carryovers from the past. We will become adults who are imprisoned no longer by childhood reactions. We will recover the child within and learn to accept and love ourselves.

By attending these meetings on a regular basis, we will come to see parental alcoholism or the family dysfunction for what it is: a disease that infected us as a child and continues to affect us as an adult. We will learn to keep the focus on ourselves in the here and now. We will take responsibility for our own life and supply our own parenting.

We will not do this alone. Look around you and you will see others who know how you feel. We will love and encourage you no matter what. We ask you to accept us just as we accept you.

This is a spiritual programme based on action coming from love. We are sure that as the love grows inside you, you will see beautiful changes in all your relationships, especially with God, yourself and your parents.

What you hear at this meeting should remain at the meeting. We do not talk about another person's story or experiences to other people. Please respect the anonymity of those who share with us today.

Cross talk

We do not cross talk during the sharing time. Cross talk means interrupting, referring to, or commenting on what another person has said during the meeting. We do not cross talk because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective. We work toward taking more responsibility in our lives rather than giving advice to others.

We do not attempt to comfort others when they become emotional. If someone begins to cry, we allow them to feel their feelings. We support them by refraining from interrupting their feelings by something we might say. We support others by accepting them into our meetings and listening to them while they face their pain. We learn to listen which is often the greatest support of all.

Can we go around the room for a quick feelings check to say how we are feeling? For now, please just share the 'how' and save the 'why' for later. You may use the chat to share your feelings check. Please let us know if you are new to ACA or new to this meeting.

Chairperson introduces themselves & shares their feelings first, stop screen share while we do introductions

Post after introductions if there are newcomers:

If you are new to ACA, Welcome! Keep coming back! For Newcomer info, meeting listings, and lots of free ACA literature visit: <https://adultchildren.org/newcomer/>

Everyone has been invited to read in part or full ahead of time.

This meeting will end at 09.30pm UK Time, it is 1.5 hours in length.

We will each have minutes to share, with a 1 minute warning until 09.25pm UK Time, five minutes before the end of the meeting.

Ask for a volunteer to be the spiritual timekeeper.

I'd like to read this reminder: How you feel answering the reflections, exercises or guided practice is as important as what you answer. You may not have answers or experience in anything in particular. That's ok. If that's the case, include how you feel and what it's like to not have an answer or experience or to dislike your answer or experience.

Today's reading/reflections, exercise/meditation (We determine beforehand what we do each week).

****Chair to be mindful of the remaining meeting time and ask the group if they would prefer to extend the meeting time****

5 minutes before the end

That is all the time we have for sharing this week, please feel free to connect with others after this meeting during the fellowship time.

In keeping with Tradition 7 this meeting is self-supporting. The only out-going costs is donations to the Fellow World Traveller Intergroup of which we are a member.

The 7th Tradition states that all ACA groups ought to be fully self supporting, declining contributions. The 7th Tradition states that all ACA groups ought to be fully self supporting, declining contributions. This meeting has joined Intergroup 728 Fellow World Travelers. The IG provides the Zoom room used for this meeting, and we ask that you send your contributions to them. To make a contribution go to PayPal link:

acafwt.treasurer@gmail.com

Post after sharing when chair reads announcements:

Please visit our website: <https://acafellowworldtravelers.com> for our online meeting schedule of over 25 ACA meetings seven days a week. Plus lots of free ACA info and literature.

Group WAG: <https://chat.whatsapp.com/L6SV2rzK4SiC0oV2pGuKEa>

The Promises

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority and the need to “people-please” will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failure and success will leave us, as we intuitively make healthier choices.
11. With the help from our ACA support group, we will slowly release our dysfunctional behaviours.
12. Gradually with our Higher Power’s help, we will learn to expect the best and get it.

ACA Announcements

Close with the ACA Serenity Prayer:

To the God or Higher Power of your own understanding,

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.

Affirmations

Inner Child Affirmations

1. I love my Inner Child unconditionally.
2. I will protect my Inner Child to the best of my ability.
3. I will take time to listen to my Inner Child and to follow through on promises.
4. I will integrate my Inner Child into my life through play, creativity, and spirituality.
5. I will take time to become my own Loving Parent.

Affirmations to be Repeated Each Day

1. It is okay to know who I am.
2. It is okay to trust myself.
3. It is okay to say I am an adult child.
4. It is okay to know another way to live.
5. It is okay to say no without feeling guilty.
6. It is okay to give myself a break.
7. It is okay to cry when I watch a movie or hear a song.
8. My feelings are okay even if I am still learning how to distinguish them.
9. It is okay to not take care of others when I think.
10. It is okay to feel angry.
11. It is okay to have fun and celebrate.
12. It is okay to make mistakes and learn.
13. It is okay to not know everything.
14. It is okay to say "I don't know."
15. It is okay to ask someone to show me how to do things.
16. It is okay to dream and have hope.
17. It is okay to think about things differently than my family.
18. It is okay to explore and say, "I like this or I like that."
19. It is okay to detach with love.
20. It is okay to seek my own Higher Power.
21. It is okay to reparent myself with thoughtfulness.
22. It is okay to say I love myself.
23. It is okay to work and ACA program.

Source: pp. 328-330 of The Big Red Book of Adult Children of Alcoholics

ACA BILL OF RIGHTS

1. I have the right to say no.
2. I have the right to say, "I don't know."
3. I have the right to detach from anyone in whose company I feel humiliated or manipulated.
4. I have the right to be treated with dignity and respect.
5. I have the right to make mistakes and learn from them.
6. I have the right to be wrong.
7. I have the right to make my own choices and decisions in my life; I do not have to feel guilty because someone does not like what I do, say, think, or feel.
8. I have the right to grieve any actual or perceived losses.
9. I have the right to all of my feelings.
10. I have the right to feel angry, including towards someone I love.
11. I have the right to change my mind at any time.
12. I have the right to a spiritually, physically, and emotionally healthier existence, though it may deviate entirely or in part from my parents' way of life.
13. I have the right to forgive myself and to choose how and when I forgive others.
14. I have the right to take healthy risks and to experiment with new possibilities.
15. I have the right to be honest in my relationships and to seek the same from others.
16. I have the right to ask for what I want.
17. I have the right to determine and honour my own priorities and goals, and to leave others to their Higher Powers.
18. I have the right to dream and to have hope.
19. I have the right to be my True Self.
20. I have the right to know and nurture my Inner Child.

21. I have the right to laugh, to play, to have fun, and the freedom to celebrate this life, right here, right now.

22. I have the right to live life happy, joyous, and free.

1. Life should have choices beyond mere survival.
2. You have a right to say no to anything when you feel you are not ready or it is unsafe.
3. Life should not be motivated by fear.
4. You have a right to all your feelings.
5. You are probably not guilty.
6. You have a right to make mistakes.
7. There is no need to smile when you cry.
8. You have a right to terminate conversations with people who make you feel put down and humiliated.
9. You can be healthier than those around you.
10. It is OK to be relaxed, playful and frivolous.
11. You have a right to change and grow.
12. It is important to set limits and be selfish.
13. You can be angry at someone you love.
14. You can take care of yourself, no matter what circumstances you are in.

Affirmations

Listen to your inner child not with fear but with openness.

Love this child for all she or he has had to defend against.

Know that feelings are to be listened to; they are cues and signals that indicate where you are and what you need.

Mistakes are a sign of growing; remember, be gentle with yourself.

Success is not relative to others.

It is a feeling of love and accomplishment for yourself.

Recovery is accepting yourself for who you are, no longer waiting for others to define you or approve of you.

It is safe to take time to play today. Play fuels your creativity, tickles your Inner Child, and nurtures your soul.

May you respond with the vulnerability of your child, but with the strength of your adult.

Surround yourself with people who respect and treat you well.

In faith one finds the strength to survive times of great fear and sadness.

Claudia B. BRB p. xxiv

More Affirmations:

You really are growing

You are good enough just the way you are

You're good enough

You can trust your Higher Power

It's okay to relax now

It's going to be okay

I love you no matter what

You are talented and powerful

I think you're awesome

You are a Child of God

You are precious

You are worthwhile

You are beautiful inside and outside

I love you unconditionally

I am so glad you are here

I see you.

Welcome to the world

It's okay to say no

You are safe

You're a good person/child/boy/girl

I love the way you handle things

I love and value you

I love you just the way you are

I won't leave no matter what

You're good enough

You're a treasure beyond value

It's okay to cry

You can ask for what you want

I like your life energy

It's okay to think for yourself

It's okay to think for yourself

It's okay to try new things

You can trust your feelings

You deserve to have the things you want

Hurrah for you

I'm willing to be with you no matter what

It's okay to make mistakes

I like you

Everyone likes you

All is well.

You are well balanced

It's easy to change

It's okay to let go

I can tell you love life

God smiled when you were born

I can't wait to get to know you better

I love and accept you just the way you are

You are free

You are forgiving and loving

You take good care of your inner child

I'm so glad you're my friend

Loving and caring people surround you

Everyone likes you

You don't have to please anyone but you

You're growing more attractive everyday

Your inner wisdom is clear and focused

Your life is in divine order

I like being around you

You are enough

I like hearing your share

I feel glad when you are around

You draw healthy people toward you

You are filled with healthy energy

You are worthy of love and kindness

You are peaceful

You are a loving and forgiving person

You're a good listener

You make the right choices

I trust you

I respect you

You're special to me

You are whole and good

You are capable of changing

You're fun to be with

You're important to me

I'm willing to be with you no matter what

It's okay to make mistakes

I like you

Everyone likes you

All is well

You are well balanced

It's easy to change

It's okay to let go

I can tell you love life

God smiled when you were born

I can't wait to get to know you better

I love and accept you just the way you are

You are free

You are forgiving and loving

You take good care of your inner child

I'm so glad you're my friend

Loving and caring people surround you

Everyone likes you

You don't have to please anyone but you

You're growing more attractive everyday

Your inner wisdom is clear and focused

Your life is in divine order

I like being around you

You are enough

I like hearing your share

I feel glad when you are around

You draw healthy people toward you

You are filled with healthy energy

You are worthy of love and kindness

You are peaceful

You are a loving and forgiving person

You're a good listener

You make the right choices

I trust you

I respect you

You're special to me

You are whole and good

You are capable of changing

Life flows easily for you

God's path is clear to you

Each step you take is divinely led

I knew you could do it

You mean a lot to me

You're wonderful

Nothing can stop you now

I'm so proud of you

You have a great sense of humor

You make me laugh

You figured it out

Way to go...good job

Lots of people like you

You have all the time you need to get your needs met

You deserve the best in life and it's coming to you now

You don't have to be loyal to someone who isn't there for you

You have a great deal to share with others everyone knows it
You can allow yourself ample leisure time without feeling guilty

You deserve to be loved by yourself and others

You are loved because you deserve love

You are a child of God and you deserve love peace, prosperity, and serenity

It's okay to forgive yourself for hurting yourself and others

It's okay to forgive yourself for letting others hurt you

It's okay to forgive yourself for accepting sex when you wanted love

You are not alone; you are one with God and the Universe

The pain you feel by remembering can't be any worse than the pain you feel by knowing
and not remembering

Your sexuality and spirituality are divinely intertwined

You are free to express you in healthy ways that show respect for yourself and others

No matter how long you have allowed an uncomfortable situation to continue, you can
choose to say, "no

You are entitled to choose and to set your own boundaries

Pleasing another person is your choice, not your duty

Abundance is flowing to you now

Being kind to yourself comes easily

You say loving words to yourself

You think loving thoughts about yourself and others

God is always with you

Angels are watching over you

15. Life should have choices beyond mere survival.
16. You have a right to say no to anything when you feel you are not ready or it is unsafe.
17. Life should not be motivated by fear.
18. You have a right to all your feelings.
19. You are probably not guilty.
20. You have a right to make mistakes.
21. There is no need to smile when you cry.
22. You have a right to terminate conversations with people who make you feel put down and humiliated.
23. You can be healthier than those around you.
24. It is OK to be relaxed, playful and frivolous.
25. You have a right to change and grow.
26. It is important to set limits and be selfish.
27. You can be angry at someone you love.
28. You can take care of yourself, no matter what circumstances you are in.

The Laundry List – 14 Traits of an Adult Child of an Alcoholic

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened by angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to “love” people we can “pity” and “rescue.”
10. We have “stuffed” our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.

12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

Tony A., 1978

Note: The Laundry List serves as the basis for [The Problem](#) statement.

The Flip Side of The Laundry List

1. We move out of isolation and are not unrealistically afraid of other people, even authority figures.
2. We do not depend on others to tell us who we are.
3. We are not automatically frightened by angry people and no longer regard personal criticism as a threat.
4. We do not have a compulsive need to recreate abandonment.
5. We stop living life from the standpoint of victims and are not attracted by this trait in our important relationships.
6. We do not use enabling as a way to avoid looking at our own shortcomings.
7. We do not feel guilty when we stand up for ourselves.
8. We avoid emotional intoxication and choose workable relationships instead of constant upset.
9. We are able to distinguish love from pity, and do not think “rescuing” people we “pity” is an act of love.
10. We come out of denial about our traumatic childhoods and regain the ability to feel and express our emotions.

11. We stop judging and condemning ourselves and discover a sense of self-worth.
12. We grow in independence and are no longer terrified of abandonment. We have interdependent relationships with healthy people, not dependent relationships with people who are emotionally unavailable.
13. The characteristics of alcoholism and para-alcoholism we have internalized are identified, acknowledged, and removed.
14. We are actors, not reactors.

The Other Laundry List

1. To cover our fear of people and our dread of isolation we tragically become the very authority figures who frighten others and cause them to withdraw.
2. To avoid becoming enmeshed and entangled with other people and losing ourselves in the process, we become rigidly self-sufficient. We disdain the approval of others.
3. We frighten people with our anger and threat of belittling criticism.
4. We dominate others and abandon them before they can abandon us or we avoid relationships with dependent people altogether. To avoid being hurt, we isolate and dissociate and thereby abandon ourselves.
5. We live life from the standpoint of a victimizer, and are attracted to people we can manipulate and control in our important relationships.
6. We are irresponsible and self-centered. Our inflated sense of self-worth and self-importance prevents us from seeing our deficiencies and shortcomings.
7. We make others feel guilty when they attempt to assert themselves.
8. We inhibit our fear by staying deadened and numb.
9. We hate people who "play" the victim and beg to be rescued.

10. We deny that we've been hurt and are suppressing our emotions by the dramatic expression of "pseudo" feelings.
11. To protect ourselves from self punishment for failing to "save" the family we project our self-hate onto others and punish them instead.
12. We "manage" the massive amount of deprivation we feel, coming from abandonment within the home, by quickly letting go of relationships that threaten our "independence" (not too close).
13. We refuse to admit we've been affected by family dysfunction or that there was dysfunction in the home or that we have internalized any of the family's destructive attitudes and behaviors.
14. We act as if we are nothing like the dependent people who raised us.

The Flip Side of The Other Laundry List

1. We face and resolve our fear of people and our dread of isolation and stop intimidating others with our power and position.
2. We realize the sanctuary we have built to protect the frightened and injured child within has become a prison and we become willing to risk moving out of isolation.
3. With our renewed sense of self-worth and self-esteem we realize it is no longer necessary to protect ourselves by intimidating others with contempt, ridicule and anger.
4. We accept and comfort the isolated and hurt inner child we have abandoned and disavowed and thereby end the need to act out our fears of enmeshment and abandonment with other people.
5. Because we are whole and complete we no longer try to control others through manipulation and force and bind them to us with fear in order to avoid feeling isolated and alone.

6. Through our in-depth inventory we discover our true identity as capable, worthwhile people. By asking to have our shortcomings removed we are freed from the burden of inferiority and grandiosity.
7. We support and encourage others in their efforts to be assertive.
8. We uncover, acknowledge and express our childhood fears and withdraw from emotional intoxication.
9. We have compassion for anyone who is trapped in the “drama triangle” and is desperately searching for a way out of insanity.
10. We accept we were traumatized in childhood and lost the ability to feel. Using the 12 Steps as a program of recovery we regain the ability to feel and remember and become whole human beings who are happy, joyous and free.
11. In accepting we were powerless as children to “save” our family we are able to release our self-hate and to stop punishing ourselves and others for not being enough.
12. By accepting and reuniting with the inner child we are no longer threatened by intimacy, by the fear of being engulfed or made invisible.
13. By acknowledging the reality of family dysfunction we no longer have to act as if nothing were wrong or keep denying that we are still unconsciously reacting to childhood harm and injury.
14. We stop denying and do something about our post-traumatic dependency on substances, people, places and things to distort and avoid reality.

From <<https://adultchildren.org/literature/laundry-list/>>