Nov. 25th we are reading Appendix C cont. on pages 162-163,"Reviewing the Laundry List"

To be read before the meeting begins if in need of service:

If a chair person is needed: By group conscience, we invite a member to give service by volunteering to read the script. Would someone like to volunteer to give this service today?

If in need of a cohost: Also by group conscience, we invite a member to give service by volunteering to co-host. This means being assigned co-host in Zoom to ensure continuity if host loses connectivity, keeping mics muted, and if needed, screen sharing. Would someone like to volunteer to give this service today?

Welcome to the Wednesday Laundry List meeting of ACA. Hi, my name is….., an Adult Child, and today's chair. By group conscience, we invite members to turn on their cameras throughout the meeting if they so choose. This is optional.

We welcome all meeting attendees to join us in co-creating and maintaining this safe space.

We all want to hear each other during our readings and shares; it can be hard to hear each other if we are too close or too far away from the microphone. If you cannot be heard, the Chair will gently notify you.

Preamble ACA is a spiritual program supporting people who grew up with family dysfunction. That experience infected us then and it affects us today. While our members may be from homes where alcohol or drugs were present - it is not a requirement. People who suffered abuse, neglect or unhealthy behaviour are also members.

Loving Parent Prayer: Please join me in a moment of silence, to breathe deeply, slow down settle back into ourselves, and connect with our inner children.

Pause for a few moments of silence

If you would like to join me, please open your microphone as we say the Loving Parent Prayer pausing throughout so we can say it together.

Dear Loving Parent, I recognize you,

and I am depending on you to help me be gentler with myself,

and more accepting of myself.

Please challenge me to try if I am apathetic,

but also help me give myself a break if I judge myself too harshly.

Help me focus on progress rather than perfection.

Thank you.

Readings:

Would someone like to read **What Are The Laundry List Traits?** (The whole thing or part and pass it on)

The Laundry List Traits are a set of 14 traits that describe the thinking and personality of adult children who grew up in dysfunctional homes. The Laundry List describes how we were affected by alcoholism and other family dysfunction. They are survival strategies we developed as children to cope with the environment in which we were raised.

In turn adult children might "act out" these traits by becoming victimisers to our children, spouses, coworkers, and others. In other words, adult children, by adopting their parents' or caregivers' behaviour, "become" their parents or caregivers. These ways of acting out have been documented in **The Other Laundry List Traits**, a set of 14 traits that are the reverse side of The Laundry List. Our experience shows that these opposite traits are just as damaging as the counterpart.

Many of us would like to deny that we have been a dominating authority figure, but we have. We don't like to think about victimising others or projecting blame onto them, but we have. Many of us have reenacted what was done to us, thinking we were justified. We can feel shame or disgust when we think about our actions. This is healthy guilt, which is different from the toxic guilt that we were raised under.

Many members share that The Laundry List is a powerful piece of literature that lifted the veil of denial they have lived under as adults. Scholarly studies have shown that many of the traits are specific to adult children. We believe the lists are a gateway into a life of clarity and self-acceptance.

The Flip Side of The Laundry List and **The Flip Side of The Other Laundry List** detail how, through reparenting and practicing the Twelve Steps of ACA, we might be freed from these effects of growing up in dysfunctional homes.

Would someone like to read **The Laundry List?**(The whole thing or part and pass it on)

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.

Would someone like to read **The Other Laundry List**?(The whole thing or part and pass it on)

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-centred. 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.

Introductions: Thank you all for being here today. You may have related to our readings even if there was no apparent addiction in your home. This is common because dysfunction can occur in a family without the presence of addiction. Feel free to leave your fears and anxieties behind you. Let’s go around the meeting and introduce ourselves and say where we're calling from. If you are new to this meeting or a newcomer to ACA today, would you please also introduce yourself? I will start. Hi I am _____ ACA and I am from _____

Welcome, everyone.

Reading for Newcomer(s)(Please do not skip) - Welcome Newcomer(s), We are glad you are here. By attending six meetings in a row and attending regularly thereafter, we come to know and begin to act as our True Selves.

Continuation Introductions: ACA provides a safe, non-judgmental environment that allows us to grieve our childhoods and to conduct an honest inventory of ourselves and our families. By identifying with the 'Laundry List Traits' or 'The Problem' we learn to live in The Solution, or Flip Side of The Laundry List, one day at a time.

Sharing and Crosstalk Guidelines:

We all want to feel safe as well as heard during the meetings. If you feel you need to share very difficult details that could also trigger others in the meeting, please share how you feel, but be gentle with others and take the details of the story to an appropriate person such as a professional or someone that can help you.

Emotional disruptions: In this meeting we strive to maintain unity and harmony. If you experience any disturbance, please contact the host/co-host using the chat box for this purpose only, during the sharing time. To preserve serenity, the chat function will be disabled during the sharing time except for the Host and Co-Host who can be contacted for safety reasons only.

(Host, please also post green portion in the chat)

Disruptions including:

- Rudeness
- Uncontrolled swearing
- Solicitation of any kind, including emotional, physical or any financial favors

"I" statements: For our own clarity we keep the focus fully on ourselves - our own experiences and feelings and speak from the "I" position, avoiding the words "we" or "you" or addressing anyone by name.

Cross talk (continued): We also 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, either vocally or in the chat box. 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. We support each other by welcoming each other into our meetings, listening from our hearts, and thanking each other for sharing. So, in respecting anonymity, please let what you hear here, stay here. If these guidelines are unintentionally crossed, the chairperson will kindly remind you about them.

(chair person or host please read this green portion again and post in chat if there is cross talk during the meeting)

Sharing time: This meeting runs for 75 minutes unless there are 30 or more fellow travelers, it will then be extended to 90 minutes. Who would like to be our timekeeper today?

(
After the reading we have 2 minutes of timed silence>>please share the questions on the screen or portions of the reading if the reading is an Appendix)

Reading
We will pause after the reading for two minutes of timed silent meditation, followed by 3 minute timed shares. It's now time for this week's Reading. We are Reading Appendix C on pages 162-163 starting on "Reviewing The Laundry List". The reading will now be shared on screen. This portion is not timed.

Two Minutes of timed Silent Meditation)

Open the sharing: A reminder that sharing time is limited to 3 minutes. To allow as many of us a chance to share, we do not take second shares. If there is silence we sit in silent meditation, until someone is inspired to share. If you feel you need to share more, please stay after the meeting for fellowship. Please acknowledge the timekeeper when time is given, and wrap up your share. The meeting is now open for sharing. This is a **raised** voice meeting. Who would like to share first?

(stop sharing screen)

Conclusion:*(15 minutes before the meeting ends)***7th Tradition:** It is now Seventh Tradition time. Our 7th Tradition states that "Every ACA group ought to be fully self-supporting, declining outside contributions."

Financially, we pay for 'zoom room' and the website and give the rest of our contributions to adultchildren.org. Contributions may be made by logging in to Paypal and sending to our Paypal account:email: *acafwt.treasurer@gmail.com*

Closing readings: Would someone like to read the Tradition of the month, and the Twelfth Tradition?

ACA Traditions: (Tradition of the month, and the Twelfth Tradition)

1. Our common welfare should come first; personal recovery depends on ACA unity.
2. For our group purpose there is but one ultimate authority – a loving God as expressed in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership in ACA is a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.
4. Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve-Step programs.

5. Each group has but one primary purpose – to carry its message to the adult child who still suffers.
6. An ACA group ought never endorse, finance or lend the ACA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every ACA group ought to be fully self-supporting, declining outside contributions.
8. Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.
9. ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV, films, and other public media.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Service: In our fellowship, service is an integral part of recovery and a healthy way to give back to the group and to enrich your own recovery experience.

Why We Give Service:(BRB page 359-363)
Between the time we have decided to disconnect from our alcoholic beliefs but have not yet reached the security of a spiritual awakening lies a “dark night of the soul” where we perceive there is no guiding force whatsoever.

Our passage through this often chaotic period of uncertainty and doubt is where we experience the power of our program and realize the importance of the service we give and receive.

Benefits of Giving Service:(BRB page 363)
The healing we receive by giving service in ACA removes our deep feelings of inferiority in giving and receiving love. Our sense of inadequacy begins to disappear when we see the value of the service we give. Our idea of who we are and what we deserve starts to change as we see our real worth reflected in the eyes of other adult children. Our feelings of unworthiness are transformed into positive self-esteem as we realize how important our experience of recovery is to others in the program. With our increased sense of self-worth, we are able to let others love us in return.

We have the following service positions available in this group:

- **Chair**: person who reads the script and facilitates the meeting
- **Tech-Host**: person who claims host, sets up the security settings in Zoom, admits people from the waiting room and shares the script on the screen.

If anyone is interested in taking up a service position, we would be happy to train you. If you would like more information on a specific service position, please speak to one of us after the meeting or **sign up here:*https://www.acafellowworldtravelers.com/lunch/***

Announcements:

- This meeting will hold a Group Conscience meeting the 3rd Thursday of the month,which will be December 17th. All fellow world travelers are encouraged to attend and be heard.

- We are part of the “Lunchtime” group, which meets Mon-Fri at Noon, and Saturday at 1pm (CET time)

Are there any other ACA-related announcements?

(If time allows) Does anyone have a burning desire to share?(please pause)

That’s all the time we have for sharing.Thank you all, for being here and please keep coming back. If you need to talk please speak to someone after the meeting. The first 5 minutes of post-meeting fellowship time are set aside for any ACA related questions.
The chat box will now be opened. If you would like to talk to someone about something that person has shared, please ask their permission first and do so privately in the chat box after the meeting.

Closing Readings(continued):Would someone like to read **The Flip Side of The Laundry List?**(The whole thing or part and pass it on)

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.

Thank you.

Would someone like to read **The Flip Side of The Other Laundry List**?(All or perhaps just a few items each)

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

Thank you.

It is time to read **The Promises** together,which are written in the I, and present tense position. Let's go around the group and read one or two Promises each. Who would like to start?

The Promises

1. I am discovering my real identity by loving and accepting myself.
2. My self-esteem is increasing as I give myself approval on a daily basis.
3. Fear of authority figures and the need to "people-please" is leaving me.
4. My ability to share intimacy is growing inside.
5. As I face my abandonment issues, I am more attracted by strengths and becoming more tolerant of my weaknesses.
6. I enjoy feeling stable, peaceful, and financially secure.
7. I am learning how to play and have fun in my life.
8. I am choosing to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits are becoming easier for me to set.
10. Fears of failure and success are leaving me, as I intuitively make healthier choices.
11. With help from my ACA support group, I am slowly releasing my dysfunctional behaviors.
12. (Feel free to unmute yourself if you wish to say this along with me) ...Gradually, with my Higher Power's help, I am learning to expect the best and get it.

Closing Prayer: Will those who care to join me to close with the long version of the ACA Serenity prayer. Please open your microphones if you would like to say it along with me, pausing at the end of each line so we can say it together.

Loving parent, grant me the serenity,
To accept the people I cannot change,
Courage to change the one I can,
and wisdom to know that one is me.
Grant me patience for the changes that take time,
An appreciation for all that I have,
A tolerance for those with different struggles,
And the strength to get up and try again,
One day at a time.
Thank you.

Thank you all, for being here, and being part of my recovery. Thank you to _____ for timekeeping, and _____ for hosting, and thank you to everyone for their shares, and for those who held space by listening. Keep safe till we meet again.

Lunchtime WhatsApp” https://chat.whatsapp.com/DmhttKUhC2NEOlOwIKBTBy

Trusted Servants: *https://chat.whatsapp.com/LUszbmsxr5RJGIMIFLy4sR*

Saturday LPG Whatsapp*: https://chat.whatsapp.com/DKinmghDN2gHsZAvR8N210*

7th Tradition: Paypal, using: acafwt.treasurer@gmail.com as destination

Website: https://acafellowworldtravelers.com/

Parking lot sharing - Are there any newcomers' questions? (Please pause for any questions) Are there any service related questions?

(Please read after newcomers and service related questions are answered) .Would anyone like to share? We try to self-time for 3 or 4 minutes. If you’re open to comments please say so.All shares will be subject to Anonymity. Please speak from the “I” position and do not cross talk about meeting shares.