



Fifth Annual ACA Recovery Day October 19, 2019

1

Welcome!

<https://www.dc-aca.org/>



Welcoming Guitar Music ~ Peggy B.

2

Before We begin

Opening Activities

ACA Serenity Prayer

Welcome from Intergroup chair ~ **Jerry J.**

Safety Rules & Quiet Zone ~ **Sean B.**

3

9:00 – 9:20 am

ACA Serenity Prayer

God, grant me the Serenity to
accept the people I cannot change,
The Courage to change the one I can,
And the Wisdom to know that one is
me.

Recovery Day 2019 Safety Guidelines

Carry the ACA Message:

While we encourage diversity in our fellowship and taking reasonable risks for personal growth, the fellowship focus remains constant. We carry the ACA message to others and avoid distractions that could divert our groups from this singleness of purpose. Recovery Day is all about spreading the ACA message.

The message we carry is that ACA works for those who are willing to surrender, ask for help, and accept it. With ACA, there is hope for another way of life that moves us away from isolation and toward others and God.

Recovery Day 2019 Safety Guidelines

No Crosstalk

Crosstalk is interrupting, giving advice, or making comments about another person's sharing. It is also talking to someone or making distracting noise during sharing time. In ACA, we don't crosstalk. When others listen to us, just listen, our reality, our truth, our ideas, our feelings, our self-image, our beings are affirmed. When we focus only on our own recovery (keeping out of other people's), we are taking responsibility for our own lives. We do this by presenting all statements in the "I", first-person, form.

Recovery Day 2019 Safety Guidelines

No Crosstalk (continued)

Today, because this is a workshop, we will interact. There will be questions, and answers, but even then, we ask that you adhere to the spirit and principle of "no crosstalk." Don't interrupt, give advice or make comments about another person's sharing. Please speak in "I" statements, not "you" statements.

Recovery Day 2019 Safety Guidelines

Maintain Anonymity and Confidentiality

Anonymity allows us to share our feelings and to experience an "Identity" apart from a "label." "Who you see here, what you hear here, when you leave here, let it stay here," is a good rule to follow in creating a safe place to share our feelings and recovery without fear of gossip, retaliation, or of our anonymity being broken.



Keynote Speaker ~ Sarah F.

9:20 - 9:40 am



10

Personal Needs Break

9:40 – 9:50 am



Workshop I – The Laundry List Traits (The Problem) ~ Facilitator: Sue B

11

9:50 – 10:45 am

The Laundry List Traits

- What is the definition of an Adult Child?
- What is Codependency?
- What is the difference between The Laundry List and The Problem?
- Are the traits specific to adult children?
- How can the list help me?
- What do these traits describe about our personalities?
- What is The “Other” Laundry List?
- The power of the Laundry List.

The Laundry List Traits – A Quick Run Down

Adult children can:

- Become isolated and fear people and authority figures **(Trait 1)**
- Become approval seekers **(Trait 2)**
- Be frightened of angry people and be terrified of personal criticism **(Trait 3)**
- Become alcoholics, marry them, or both **(Trait 4)**
- View life as a victim **(Trait 5)**
- Have an overwhelming sense of responsibility and be concerned more with others than themselves **(Trait 6)**
- Feel guilty when they stand up for themselves **(Trait 7)**

The Laundry List Traits – A Quick Run Down (continued)

- Become addicted to excitement **(Trait 8)**
- Confuse love and pity and "Love" people who need rescuing **(Trait 9)**
- Stuff their feelings and lose the ability to feel **(Trait 10)**
- Have low self-esteem and judge themselves harshly **(Trait 11)**
- Become terrified of abandonment and do anything to hold on to a relationship **(Trait 12)**
- Become "para-alcoholics," people who take on the characteristics of the disease without drinking **(Trait 13)**
- Become reactors instead of actors **(Trait 14)**

Characteristics of Adult Children

- Guess at what normal behavior is.
- Have difficulty following a project through from beginning to end.
- Lie when it would be just as easy to tell the truth.
- Judge themselves without mercy.
- Have difficulty having fun.
- Take themselves very seriously.
- Have difficulty with intimate relationships.
- Overreact to changes over which they have no control.

Characteristics of Adult Children

- Constantly seek approval and affirmation.
- Feel that they're different from other people.
- Are super responsible or super irresponsible.
- Are extremely loyal, even in the face of evidence that the loyalty is undeserved.
- Are impulsive – They tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences. This impulsively leads to confusion, self-loathing, and loss of control over their environment. In addition, they spend an excessive amount of energy cleaning up the mess.

The Laundry List Traits

For the purposes of this workshop The Laundry List Traits have been grouped into four categories. Several of the Traits will belong to more than one category.

We will discuss the traits within these categories and use the prompts to help explore our thoughts, feelings, areas of improvement or success when we breakdown in to small groups of 2-3 fellow travelers.

Refer to your workbooks or presentation handouts for all prompts. There are no right or wrong answers.

The Laundry List Traits Categories

- Fear – Traits 1, 3, 7, 8 & 12
- Shame – Traits 5, 6, 9, 10, 11, 13 & 14
- Isolation – Traits 1, 6, 8, & 10
- Approval & Acknowledgement:
Being Seen & Heard – Traits 2, 4, 6, 7,
8, 12, & 14

The Laundry List Traits – Fear

➤ Traits 1, 3, 7, 8 & 12

- Become isolated and fear people and authority figures (**Trait 1**) Prompt: (Pg. 5, #7; Pg. 6, #3)
- Be frightened of angry people and be terrified of personal criticism (**Trait 3**) Prompt: (Pg. 24, #1&2; Pg. 25&26; #1&2)
- Feel guilty when they stand up for themselves (**Trait 7**) Prompt: (Pg. 68, #3; Pg. 69, #1)
- Become addicted to excitement (**Trait 8**) Prompt: (Pg. 78, #4; Pg. 79, #1)
- Become terrified of abandonment and do anything to hold on to a relationship (**Trait 12**) Prompt: (Pg. 123, #3; Pg. 125, #3)

The Laundry List Traits – Isolation

➤ Traits 1, 6, 8, & 10

- Become isolated and fear people and authority figures (**Trait 1**) Prompt: (Pg. 5, #7; Pg. 6, #3)
- Have an overwhelming sense of responsibility and be concerned more with others than themselves (**Trait 6**) Prompt: (Pg. 54, #2; Pg. 57; #11)
- Become addicted to excitement (**Trait 8**) Prompt: (Pg. 78, #4; Pg. 79, #1)
- Stuff their feelings and Lose the ability to feel (**Trait 10**) Prompt: (Pg. 100, #2; Pg. 101, #2)

The Laundry List Traits – Approval & Acknowledgement: Being Seen & Heard

➤ Traits 2, 4, 6, 7, 8, 12, & 14

- Become approval seekers (**Trait 2**) Prompt: (Pg. 14, #1; Pg. 16; #6)
- Become alcoholics, marry them, or both (**Trait 4**) Prompt: (Pg. 34, #4; Pg. 36; #2&3)
- Have an overwhelming sense of responsibility and be concerned more with others than themselves (**Trait 6**) Prompt: (Pg. 54, #2; Pg. 57; #11)
- Feel guilty when they stand up for themselves (**Trait 7**) Prompt: (Pg. 68, #3; Pg. 69, #1)

The Laundry List Traits – Approval & Acknowledgement: Being Seen & Heard

➤ Traits 2, 4, 6, 7, 8, 12, & 14

- Become addicted to excitement (**Trait 8**) Prompt: (Pg. 78, #4; Pg. 79, #1)
- Become terrified of abandonment and do anything to hold on to a relationship (**Trait 12**) Prompt: (Pg. 123, #3; Pg. 125, #3)
- Become reactors instead of actors (**Trait 14**) Prompt: (Pg. 145, #3; Pg. 146; #2)



25

Personal Needs Break

10:45 – 10:55 am

Meditation Practice

~ Guide: Kirsten D.

10:55 – 11:20 am

Reflections for Lunch-time Discussions

~ “What’s up?”

11:20 – 11:30 am

Lunch Break


11:30 am – 12:35 pm



Gatherings from Lunch Discussion

29

12:35 – 12:45 pm



Workshop 2 – Inner Child / Loving Parent ~ Facilitator: Brad

30

12:45 – 1:35 pm

Overview for Inner Child / Loving Parent

- Why inner child work?
- The term inner child
- Identify our inner child(ren)
- Connect with our inner child(ren)

If time allows:

- Clashes with our inner child(ren)
- Working with our true selves

Defining the inner child – there is confusion

- ▶ Inner child + true self = Red Book inner child
 - ▶ The original self, before the laundry list traits
 - ▶ The self most in touch with a higher power
 - ▶ Also as a result of our dysfunctional homes
 - ▶ Angry
 - ▶ Hidden, Lost
 - ▶ Fuels self destructive behaviors
- ▶ Looking at the inner child and true self separately
 - ▶ My 12 year old inner child is always 12
 - ▶ True Self = our best self
- ▶ The many inner children we hold inside
 - ▶ I have a 20 year old inner child (older inner children I treat differently)

Identifying our inner children

- ▶ The inner children I hold within are:
 - ▶ Significant experiences that happened in childhood or later
 - ▶ I often got stuck here so the inner child was created
 - ▶ Each inner child may have a dominant feeling
 - ▶ My inner child's feelings may line up with a laundry list trait

Connecting with your inner child

- ▶ In order to make space for the true self to emerge, I need to comfort/connect with my inner children
- ▶ Is my inner child trying to be responsible for adult actions? (work, relationship)
- ▶ Comfort
 - ▶ Informing our inner child that he/she is not responsible for our adult lives AND they did an awesome job of getting us here
 - ▶ Safe comforting visualization with you as the inner loving parent
 - ▶ Replaying parenting with you as the parent, giving them what they missed
 - ▶ Leaning into my higher power for support

What should my inner child be doing?

- All inner children: feeling safe/appreciated
- Younger inner children: playing
- Older inner children: Sharing with them what you have now, but they did not have then (e.g accomplishment, connection, rewarding relationships)

Clashing with the inner child

- When the inner child is:
 - Demanding
 - Blaming
 - Made into a little god

What is my true self?

- My true self is me without the laundry list traits
- My true self is the loving parent that can comfort my inner child
- My true self is my best me
- My true self is not perfect
 - 2nd response is where I focus
 - 1st response gets better but may not “go away”

38

Personal Needs Break

1:35 – 1:45 am

Workshop – The Solution: Coming Out of Isolation

39

1:45 – 2:40 pm

Workshop 3 – The Solution: Coming Out of Isolation

These GROUPS and ROOMS have been divided in a general way even though all traits can go into these categories. Everyone will see these traits from their own experience and may apply them to any of these categories.

Workshop 3 – The Solution: Coming Out of Isolation

- **Group 1 will focus on Fear** - Trait 1, Trait 3, Trait 7, Trait 8, and Trait 12. **Group Leader: Jim G. & Nina B.** (Location - Classroom 1)
- **Group 2 will focus on Shame** - Trait 5, Trait 6, Trait 9, Trait 10, Trait 11, Trait 13, and Trait 14. **Group Leaders: Jimmy B. & Jerry J.** (Location - Main Room)
- **Group 3 will focus on Isolation** - Trait 1, Trait 6, Trait 8, and Trait 10. **Group Leader: Shirley P. & Brian S.** (Location - Main Room)
- **Group 4 will focus on Approval and Acknowledgement: Being Seen & Heard** - Trait 2, Trait 4, Trait 6, Trait 7, Trait 8, Trait 12, and Trait 14. **Group Leader: Josh W.** (Location - Classroom 2)

Reset in Main Room

42

2:40 pm



Gather in Main Room for
Closing Thoughts
~ Sean B. & Jerry J.

43

2:45 – 3:00 pm

Serenity Prayer

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.