

WORKSHOP MEETING MY INNER CHILD

Date Saturday 30th October 2021 Time 10am-4pm

Augustine United Church 41 George IV Bridge Edinburgh EH1 1EL



Adult Children of Alcoholics & Dysfunctional Families Fife Group Invites you to a workshop to meet your inner child Visit our website

contact Sandra 07951463588 <http://aca-fife.org.uk/> or book on Event Brite Link below

<https://www.eventbrite.co.uk/e/inner-child-workshop-adult-children-alcoholics-dysfunctional-family-tickets-168835815469>

Welcome to our workshop for Adult Children of Alcoholics and Dysfunctional Families

What is ACA? Adult Children of Alcoholics and Dysfunctional Families (ACA or ACOA) is an international 12 Step recovery program for individuals who grew up in alcoholic or dysfunctional homes. It is not a religious program but one of Spiritual growth ACA / ACOA is based on the belief that the disease of alcoholism and family dysfunction affected us as children and continues to affect us as adults in our everyday lives.

What is an 'Adult Child'? An adult child is someone who engages in life with learned survival techniques carried with them from childhood. Without awareness, direction and support we unknowingly operate with ineffective thoughts, familiarity, and judgments that can be detrimental in our lives, and relationships with others. **ACA Is it for me?** ACA is open to anyone who feels they have identification from the Laundry List It is suggested newcomers attend 6 consecutive meetings to see if the ACA program is suited to them.

Workshop timetable

10.00 am -10.30 am welcome / housekeeping / tea coffee

10.30 am-12.00 Tabletop share 3 guest speakers sharing their journey of the program and meeting their inner child to become a loving parent

12.00 -12.30 pm open floor questions / feedback

12.30am -1.30pm lunch

1.30pm -3.00pm general share

3.00pm -3.15pm raffle tea/coffee

3.15pm -4.00pm self-care and departure

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 fulfil 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.

Inner Child Raffle Literature for sale Tea / coffee provided