

## Working at the Laundromat - ACA Fellowship text chapter 14: Taking Our Program to Work

ACA Fellowship text, Big Red Book – BRB – chapter 14 – pages 415-427. The Workplace Laundry List, a checklist for ACAs in the workplace ACA Fellowship text, Big Red Book – BRB – pages 417-419.

### 1) Inventory of the Workplace Laundry List Traits (survival traits)

Identify or write down the number of the 24 workplace traits, (BRB p. 417-19), you identify with and describe how that workplace trait manifests itself in your work life today.

### 2) Workplace Laundry List Worksheet

Using the Workplace Laundry List, (BRB p. 417-19), fill out as many of the columns as you can identifying ineffective thinking and behaviors. The purpose of this exercise is to change or integrate the ineffective thinking and behaviors, victim or victimizer and focuses on the efforts to improve yourself, not being a victim or victimizer on the workplace. The “event” column is a workplace incident that comes to mind that describe many of your thoughts and interactions at work. You are looking for incidents, verbal spats, or conversations in which clients, customers, co-workers, colleagues, fellow employees, managers, general managers, senior managers, bosses, CEO’s or other people projected their own sense of self-doubt, fear, and flawed thinking onto you.

The workplace is one of the places where para-alcoholism occurs. Para-alcoholism is the chronic fear and distorted thinking of our family transferred to us. It fuels codependence. Do not be discouraged if you cannot fill out all of the columns. If you struggle with filling in the columns, get a notepad and write down things your clients, customers, co-workers, colleagues, fellow employees, managers, general managers, senior managers, bosses, CEO’s or other people said about you, clients, customers, co-workers, colleagues, fellow employees, managers, general managers, senior managers, bosses, CEO’s, or other people. Keep the notepad with you and write things as you remember them. You can use the feelings list from the ACA Fellowship - Big Red Book - BRB pages 162-163, p. 186 or p. 261 or Yellow Step Workbook – YSWB pages 77-78, p. 103 or p. 160 to help with the “how I felt” column.

### Workplace Laundry List Worksheet

<b>Event</b> <i>(workplace incident/fact)</i>	<b>Cause of Event</b>	<b>How I felt</b> <i>(feelings word)</i>	<b>Inner Child Reaction</b> <i>(don't trust, don't talk, don't feel, general reaction or other)</i>	<b>My reaction</b> <i>(anger, rebellion, withdrawn, passive/aggressive, or other)</i>	<b>Type of Trait</b> <i>(from 24 Workplace Traits)</i>